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COOKERY BOOK.

Society of Arts, London, 1880.

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LONDON:

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1895.

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PREFACE TO THIRD EDITION.

HAVING acted as Assistant to the late MRS. WILKINSON, profiting by her able advice in my studies, and finding that her Executors did not intend to publish another Edition of her Cookery Book, I purchased from them all interest in the same.

The very large circulation shows how thoroughly useful and reliable the recipes were found to be. At the same time I am pleased to be able to perpetuate the work of one so well known and deeply regretted in Cookery circles, and from whom I received so much kindness and consideration.

ROSE BROWN, M.C.A.

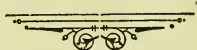
CROWN HILL,
CROYDON, SURREY.
1895.





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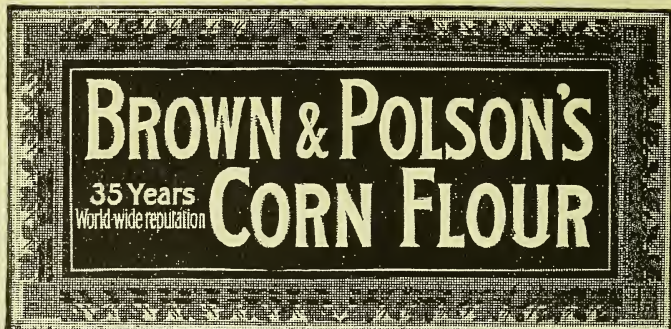
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# FACTS WORTH KNOWING.

---

## 1.—THE GAS COOKING STOVE.

There being many thousands in use it will be interesting to know how easily successful cooking may be accomplished. Most of the stoves let on hire by the various Gas Companies are double-cased, either enclosing an air space or a packing of a non-conductor, with the object of preventing the escape of heat into the room and enabling the operator to accomplish a large amount of cooking without fatigue.

## 2.—FREQUENTLY CLEAN THE GAS STOVE

by thoroughly washing the interior, fittings, grid shelves, &c., with hot water and soda; then wipe with dry cloth. The outside may be blacklead to prevent rust, but the burners should not be touched except to remove any grease that may be upon them.

## 3.—FOR BAKING,

open door of oven, turn the gas on full, then apply a light to each burner, close the door for ten minutes, then the oven will be hot enough for all practical purposes. On first putting in the Bread and Cakes the oven should be at a fairly high temperature; when they have risen and slightly browned turn the gas down. A two-pound loaf will take about forty-five minutes.

## 4. - GOOD ROASTING

consists in cooking the joint thoroughly and yet retaining the juices. To do this the joint should be subjected to sufficient heat at once to contract the pores and harden the albumen, thus preventing the escape of its juices; the remainder of the process to be conducted slowly. This is accomplished by heating the oven thoroughly as for Baking, then turning the gas down. In this the Gas Cooking Stove has a decided advantage over the Coal Range, where it is impossible to have such command over the heat. It is a

known fact that when meat is roasted in a Gas Oven it loses much less in weight than when cooked in a Coal Range Oven or before the fire, besides which it requires no attention such as basting, etc. The usual time allowed for roasting is ten to fifteen minutes to the pound, but this rule does not always apply. Meat fresh killed takes longer than when it has been long kept.

So much frozen meat being imported into this country, it may be well to mention that it must always be gently thawed. This may be done by placing it in a tin upon the top of Gas Stove while oven is heating, or range, or near the fire, and unless this is done the meat near the bone will be of a blue raw tinge. Brown meat takes less than White; also joints which are thin in proportion to their weight require less than thick or solid ones. Ribs of Beef, for example, will be ready sooner than equal weights of Rump or Sirloin. Pork, Veal, and Lamb should be well done. Some prefer Beef and Mutton rather under-dressed, this being simply a matter of taste. In a Gas Cooking Stove always suspend the joint, or lay it on the grid shelf. Roasting meat is to have a current of air surrounding it when cooking. Never place it in a dripping pan; this would be baking it. The ventilating valve to oven should always be open to prevent condensation.

## **5 & 6.—TO GRILL AND TOAST.**

Each maker has a specialty of his own in the construction of his grillers, but it is always performed by deflected heat. The gas-burner for this purpose is made to play on a perforated metal plate, which in a short space of time becomes red-hot, and radiates the heat upon the steak, etc., placed below the burner.

## **7.—PASTRY.**

For Pastry, the oven should be maintained at a high temperature. Puff Pastry must be baked quickly, taking from seven to ten minutes, turning the gas half-down after it is well risen and browned. For Fruit Tarts when slightly browned, the gas to be turned down to allow the fruit to cook. Meat Pies the same as Fruit Tarts, but the gas to

be turned down very low to allow the meat to cook. Any pastry except puff may be cooked at the same time as meat.

### **8.—CAKES.**

For Cakes, when risen and slightly browned, turn the gas down low. Rich cakes take some hours to bake properly, and anything containing a large amount of saccharine matter is very likely to burn, so care should be taken. After cooking is finished, sufficient heat will be retained in the oven to cook Meringue, Cocoa Nut Biscuits, etc., etc.

### **9.—STEAMING**

is far preferable to boiling in nearly every case, as it preserves the flavour of the article being cooked, prevents waste in bulk and weight, and retains those nourishing juices and important chemical constituents which would be removed by the boiling water. Greens cannot be successfully steamed, these should be immersed in plenty of boiling water, and kept boiling until tender.

### **THE UTENSILS**

used on a Gas Cooking Stove should be those that have not been employed on a coal range, but if used should be thoroughly cleansed of the soot and grease adhering to them on the outside, the reasons being when the soot, &c., is left on the vessels it takes more gas to heat them, and again the particles are likely to fall and stop up the burners, besides causing a disagreeable smell.

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## 10 to 28—AID TO MARKETING.

As the Roast Beef of Old England is celebrated the world over, a few words on this is necessary. First, it is no economy to purchase the rougher portions for roasting, as they are tough and lack flavour. In choosing, ox-beef is the best, and if young and freshly killed, the lean will be smoothly grained, interlined with fat, of a fine healthy red, the fat rather white than yellow. Heifer beef is more closely grained and of a less bright color, and the fat a purer white. Bull beef is only mentioned in order that we may urge upon our readers to avoid it at all costs. It is dark coloured, coarse grained, and has little fat.

The ribs, sirloin, and rump are the proper joints for roasting. The best steaks are cut from middle of the rump. The inside, or under cut, of sirloin makes the most delicate steaks, which are very tender, but lack flavour.

*Veal* should be fat, finely grained, white, firm, and not overgrown; if too large it is apt to be coarse and tough. The flesh should be dry; if it is moist and clammy it is stale and not fit for cooking. The fillet, loin, and shoulder are the best roasting joints. Calves' head is a delicacy, and calves' feet make excellent jelly. Veal is most useful for all made dishes on account of its delicate flavour.

*Mutton*.—Wether mutton is the best, and should be small-boned, plump, and finely grained, the lean of a dark, rather than of a bright hue, and the fat white; when it is yellow the meat is rank and of bad quality. All the joints of a sheep may be roasted. The leg and the loin are the superior joints; the leg is sometimes cured and smoked as ham.

*Lamb* should be small, pale-coloured red, and fat. Lamb is generally roasted, but sometimes boiled, or better steamed, and served with white sauce.

*Pork*.—Care should be taken to buy from a respectable butcher as ill-fed pork is dangerously unwholesome. The fat and the lean should be very white, the latter finely grained, the rind thin, smooth, and cool to the touch; if clammy the pork is stale and should be rejected. It should also be avoided when the fat, instead of being quite clear of

all blemish, is full of small kernels, which are indicative of disease.

*Poultry* when young have large joints and feet, smooth legs, and short spurs. The bills are soft and pliable. Combs should be bright.

*Fish*.—If fresh, the eyes are bright, the gills of a fine clear red, the body firm yet elastic to the touch, and the smell not unpleasant.

Turbot should be thick, the under side of a pale yellowish white, the colour of rich cream.

Salmon and Cod should have a small head, very thick shoulders, and small tail. The flesh of the salmon should be of a bright red colour, the scales very bright.

Herrings, mackerel, and whittings, unless newly caught are quite uneatable. When they are in good condition their natural colours will be very distinct, and their whole appearance glossy and fresh.

Eels should be bought alive. Crabs and Lobsters should be heavy and stiff; if they feel limp they are stale.

Oysters, if fresh, will close forcibly when they are opened; if the shells are apart, ever so little, they are losing their condition, and when they remain far open, the fish is dead, and fit only to be thrown away.

*Vegetables*.—Care should be taken that they are fresh looking and crisp; the quality depends much on the soil in which they are grown, and the care bestowed upon their culture, but if produced in ever so great perfection, their excellence will be destroyed if badly cooked, and become unwholesome and indigestible. With the exception of artichokes, which are said to be improved by two or three days' keeping, all the summer varieties should be dressed before their freshness has in any degree passed off, for their flavour is never so fine as within a few hours of their being gathered. A good way to clear them of the small insects, which cluster in the leaves, is to place them stalk end uppermost in strong brine for half-hour. A pound and a half of salt to a gallon of water is sufficient, which, if strained daily, will last for some time. To cook green vegetables, throw them into plenty of boiling water. Keep them uncovered and boiling fast, until they are done, taking care against their being smoked, but if a Gas Cooking Range is used this precaution is unnecessary.

## 29.—HERBS IN SEASON FOR DRYING.

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|                           |                     |
|---------------------------|---------------------|
| Savory, Thyme, Mint ..... | June and July.      |
| Marjoram .....            | July.               |
| Basil and Sage .....      | August.             |
| Tarragon and Burnet.....  | June, July, August. |
| Chervil and Parsley ..... | May, June, July.    |

### FOR PICKLING.

|                                                                    |                          |
|--------------------------------------------------------------------|--------------------------|
| Walnuts .....                                                      | About Middle July.       |
| Garlic and Eschalots .....                                         | Midsummer to Michaelmas. |
| Onions, Gherkins & Cucumbers }<br>Cauliflowers & Artichokes..... } | Middle July to August.   |

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## 30.—FRUIT IN SEASON FOR PRESERVING.

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|                           |                        |
|---------------------------|------------------------|
| Apples.....               | September to November. |
| Apricots ..               | August to September.   |
| Cherries ....             | July or August.        |
| Morella do. ....          | August to September.   |
| Currants, Black.....      | July.                  |
| ,,    Red .....           | July.                  |
| ,,    White .....         | July or August.        |
| Damsons .....             | September to October.  |
| Gooseberries .....        | June or July.          |
| ,,    White or Green..... | June.                  |
| Grapes .....              | July, August.          |
| Greengages .....          | August or September.   |
| Oranges .....             | March or April.        |
| Pineapples .....          | July and August.       |
| Plums .....               | July to October.       |
| Raspberries .....         | July and August.       |
| Rhubarb .....             | February to April.     |
| Strawberries .....        | June and July.         |

# SOUPS.

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## 31.—HOW TO MAKE STOCK.

In order to get good soup let us first study stock; for having prepared this carefully, the elaboration of high-class and tasty soups in almost endless variety is a comparatively simple business. Stock may be made from meat, or bones, or both. Care must be taken to begin with cold water and not to let it reach the boiling point; a temperature of 200 degrees Fahrenheit coagulates albumen, so that boiling water renders insoluble a great deal of valuable extractive which should find its way into the soup; and not only is the broth thus impoverished, but the flavour is deteriorated, and often completely ruined. Stock should be allowed to stew or simmer for several hours at a moderate temperature, when all the richness and flavour of the meat will be imparted to the liquor.

Let it be made before the day it is wanted for the table, in order that the fat may be removed when cold. Bones require a slightly higher temperature, and longer than meat. Liebig Company's extract of meat, in small quantities, is a valuable adjunct in flavouring gravies and stocks.

## 32.—STOCK FOR CLEAR SOUP.

### *Ingredients.*

|                           |                            |
|---------------------------|----------------------------|
| Four pounds Shin of Beef. | One Leek.                  |
| Six pints Water.          | A teaspoonful Peppercorns. |
| Two Carrots.              | A bunch of Herbs.          |
| One Turnip.               | A dessertspoonful of Salt, |

Cut the meat into small pieces, put into a stockpot or stewpan with the water, bring gently to simmering point, remove the scum and add the salt. Prepare the vegetables, slice them, and add with the peppercorns and herbs; simmer for five hours, skimming occasionally; pour into a clean vessel and set aside until required.

**33.—WHITE STOCK.**

Make as for Stock for Clear Soup, substituting white meats, such as Veal, Chicken, Rabbit, &c.

**34.—SECOND STOCK.**

After straining off the first stock, the meat, bones, &c., may be used for making above, adding other bones and scraps, covering the whole with water, and simmer three or four hours.

**35.—TOMATO SOUP WITH STOCK.***Ingredients.*

|                     |                          |
|---------------------|--------------------------|
| One pound Tomatoes. | Two ounces Butter.       |
| One Carrot.         | Twelve Peppercorns.      |
| One Onion.          | One teaspoonful Salt.    |
| Half Turnip.        | Two leaves of Celery or  |
| One quart Stock.    | Half-teaspoonful Essence |
| One ounce Flour.    | of Celery.               |

Cut up the carrot, onion, turnip, and celery, and fry ten minutes in the butter, add the tomatoes, flour, salt, stock, and peppercorns, stir until boiling, simmer one hour, pass through a hair sieve, boil up before serving.

**36.—TOMATO SOUP WITH EXTRACT.***Ingredients.*

|                            |                     |
|----------------------------|---------------------|
| Four ounces Raw Ham.       | Two Shalots.        |
| Two Bay Leaves.            | Twelve Peppercorns. |
| Four Cloves.               | Sprig of Thyme.     |
| One dozen Ripe Tomatoes.   | Blade of Mace.      |
| Quarter-teaspoonful Liebig | Two ounces Butter.  |
| Company's Extract.         | One quart Water.    |

Melt the butter in a stewpan, cut up the ham and shalots ; fry five minutes, add herbs and spices, and the tomatoes sliced, also the water and extract. Boil half-an-hour, rub through a hair sieve, boil up and serve.

**37.—VEGETARIAN TOMATO SOUP.***Ingredients.*

One pound Tomatoes.  
 One Onion.  
 One ounce Butter, or  
 Tablespoonful Oil.  
 One quart Water.  
 One teaspoonful Salt.  
 Two Carrots.  
 Two Potatoes.

One Turnip.  
 Two ounces Rice.  
 One bunch Herbs.  
 One pint Milk.  
 Quarter-teaspoonful Pepper.  
 Half-teaspoonful Essence of  
 Celery.

Put all the ingredients, except the milk and water, into a saucepan ; fry ten minutes, stirring all the time, add the water, boil until the vegetables are soft, pass through a sieve, return to the saucepan, add the milk, boil up and serve. Instead of milk, cream may be used.

**38.—HARE SOUP.***Ingredients.*

One Hare.  
 Two Carrots.  
 Six Cloves.  
 Half-teaspoonful Essence of  
 Celery.  
 Three ounces Butter.  
 Three quarts Stock.

Two Onions.  
 Twenty Peppercorns.  
 Dessertspoonful of Salt.  
 Bunch of Sweet Herbs and  
 Parsley.  
 Three ounces Flour.  
 Half-pint Marsala.

Melt the butter in a saucepan, cut up the vegetables and fry brown, add the flour, herbs, and seasoning, cut up the hare and add, also the stock ; stir till boiling, simmer till the hare is tender, skimming frequently ; take out the best pieces of meat and cut up, pass the soup through a wire sieve, add the pieces of hare, and forcemeat balls ; simmer five minutes, add the wine and serve.

For the balls take four ounces bread crumbs, three ounces suet, one teaspoonful minced parsley, pinch of mixed sweet herbs, a dust of nutmeg, half teaspoonful of salt and a suspicion of cayenne, one teaspoonful of lemon juice, two eggs.



Mix all ingredients together, binding them with the egg, form into small balls, fry a pale brown in smoking hot fat, drop into soup a few minutes before serving.

### 39.—CHESTNUT SOUP.

#### *Ingredients.*

|                                  |  |                                                 |
|----------------------------------|--|-------------------------------------------------|
| Two pounds of Spanish Chestnuts. |  | Cold Water.                                     |
| One pint Milk.                   |  | A dust of Mace and Nutmeg.<br>Cayenne and Salt. |

Slit the husks of the chestnuts and boil for ten minutes; remove the husks and brown skin, place the chestnuts in a stewpan with plenty of water and boil till tender, adding more water as required, then pass through a sieve; there should be three pints when strained; add the milk and seasoning, warm up and serve. This, the favourite dish of the Spaniard, is a most delicious item, and deserves general adoption in our country.

### 40.—CHESTNUT SOUP, No. 2.

#### *Ingredients.*

|                               |  |                                 |
|-------------------------------|--|---------------------------------|
| One pound Spanish Chestnuts.  |  | Dash of grated Mace and Nutmeg. |
| One pint of good White Stock. |  | Cayenne and Salt.               |
| Half-pint of Cream.           |  | Half-teaspoonful Sugar.         |
| Half-pint of Milk.            |  |                                 |

Slit the husks and boil for ten minutes, remove the husks and skin, put the chestnuts in a stewpan with the stock, and boil until they are soft, then rub through a hair sieve, warm up with the milk, cream, sugar, and seasoning.

### 41.—POTATO SOUP.

#### *Ingredients.*

|                                            |  |                                  |
|--------------------------------------------|--|----------------------------------|
| Two pounds Potatoes.                       |  | Pepper and Salt to taste.        |
| Half-pound Onions.                         |  | Two ounces Butter.               |
| Celery.                                    |  | Two quarts of Water.             |
| Two ounces Crushed Tapioca or Ground Rice. |  | A Leek or two is an improvement: |
| One pint of Milk.                          |  |                                  |

Melt the butter in a stewpan, peel and slice the vegetable and *sauté* for five minutes, being careful not to brown them, add the water, stir till boiling; when tender pass through a hair sieve, return to the saucepan with the milk, pepper, and salt; when boiling shake in the tapioca or rice with one hand, stirring with the other, and boil ten minutes. Just before serving add the essence of celery; a gill of cream would be a great improvement.

#### 42.—POTATO SOUP, No. 2.

##### *Ingredients.*

|                         |                        |
|-------------------------|------------------------|
| Two pounds of Potatoes. | One quart White Stock. |
| One Onion.              | Quarter-pint Cream.    |
| One Leek.               | One pint Milk.         |
| Celery to taste.        | Salt and Cayenne.      |

Peel and wash the vegetables, cut into thin slices, place in a stewpan with the stock, boil slowly till the vegetables will easily pass through a tammy sieve, put back into the stewpan, add milk, cream, celery, salt and cayenne, bring nearly to the boil, and serve with fried *croûtons* of bread.

#### 43.—CELERY SOUP.

##### *Ingredients.*

|                          |                           |
|--------------------------|---------------------------|
| Three heads Celery.      | Two ounces Butter.        |
| Quart White Stock.       | Half-teaspoonful Sugar.   |
| Half-pint Cream or Milk. | Salt and Pepper to taste. |

Wash the celery clean, blanch by placing it in a pan of boiling water and boil for five minutes, strain and put into another stewpan with the butter, stock and sugar, stew until soft, rub through a hair sieve, return to the stewpan, add the cream and seasoning, boil up and serve.

#### 44.—LENTIL SOUP.

##### *Ingredients.*

|                                  |                      |
|----------------------------------|----------------------|
| One pint of Red Lentils.         | One Onion.           |
| Three pieces of Celery.          | Pepper and Salt.     |
| One ounce of Dripping or Butter. | Two quarts of Water. |
|                                  | Two Carrots.         |

Soak the Lentils all night in cold water. Grease a saucepan with the dripping, wash the lentils well, and put them in the saucepan, with the sliced onion and carrot, the celery to be cut in small pieces; put the saucepan on the fire and stir for five minutes. Now add two quarts of cold water. Let the soup boil gently till the lentils are quite soft. Pass through a wire sieve, pour it back into the saucepan, add pepper and salt to taste, and warm it again over the fire.

#### 45.—FISH SOUP.

##### *Ingredients.*

|                             |                    |
|-----------------------------|--------------------|
| Two pounds Fish and Trim-   | Two ounces Flour.  |
| mings.                      | Two ounces Butter. |
| One bunch Herbs.            | Two Onions.        |
| Three pieces of Celery.     | Teaspoonful Salt.  |
| One Carrot.                 | Two quarts Water.  |
| Half-teaspoonful of Pepper. |                    |

Fry the vegetables and herbs in the butter for ten minutes without burning, add the flour and well mix, then add the water, fish and trimmings, stir until it boils. Boil half an hour. Strain, boil up, and serve.

#### 46.—PEA SOUP.

##### *Ingredients.*

|                              |                             |
|------------------------------|-----------------------------|
| One quart Split Peas.        | Two Onions.                 |
| Half Turnip.                 | One Carrot.                 |
| Few pieces Celery.           | Half-teaspoonful Pepper.    |
| Teaspoonful Salt.            | Half-teaspoonful Dried Mint |
| Bones or Boilings from Meat. |                             |

If Split Peas, soak twelve hours. If Pea Flour, according to directions. Put the peas in a saucepan with three quarts of cold water or the boilings from Meat, wash and cut up the vegetables. When the water boils, put them in with the peas, first removing the scum; add the bones, salt, and pepper, boil gently three hours, take out the bones, rub the contents of the saucepan through a sieve, boil up, and serve.

**47.—CLEAR SOUP.***Ingredients.*

|                        |                           |
|------------------------|---------------------------|
| Two quarts Stock.      | Half-pound Gravy Beef.    |
| One Carrot.            | Half Turnip,              |
| One Onion.             | Salt and Pepper to taste. |
| Few sprigs of Chervil. |                           |

Free the meat from skin and fat and scrape it up finely, put in a saucepan with the stock, vegetables cut up, and whisk sharply until on the point of boiling; let it boil up, place the lid on the saucepan, stand in a warm place for ten minutes, strain through a coarse kitchen cloth (first pouring a little boiling water through the cloth), if not quite clear, pour carefully through a second time. Serve with mixed vegetables, or savoury custard (see 58) cut in fancy shapes.

**48.—MULLIGATAWNY SOUP.***Ingredients.*

|                               |                       |
|-------------------------------|-----------------------|
| Two quarts Stock.             | Two Onions.           |
| Two Apples.                   | One Carrot.           |
| Half Turnip.                  | Two ounces Flour.     |
| One teaspoonful Sugar.        | One teaspoonful Salt. |
| Dessertspoonful Curry Powder. | Two ounces Butter.    |

Melt the butter in a stewpan, cut up the apples and vegetables into small pieces, and fry in the butter ten minutes, add the flour and curry powder, stir until well mixed, pour in the stock or two quarts of water and half-teaspoonful of Liebig Company's extract, stir until it boils. Remove the scum as it rises, simmer until the vegetables are soft, pass through a hair sieve, add the salt, sugar, a little lemon juice if needed, and one gill of cream is an improvement. Serve with boiled rice in a separate dish.

**49.—OYSTER SOUP.**

Prepare fish stock by boiling down three pounds of Cod and trimmings in three quarts of water until it is reduced to three pints. Melt in a stewpan three ounces butter, stir

into it two ounces flour, well cook but do not brown, strain on to it the stock, stir until boiling; remove the scum, add two dozen oysters bearded and blanched, half pint cream, salt and pepper to taste.

### 50.—OX TAIL SOUP.

#### *Ingredients.*

|                        |                            |
|------------------------|----------------------------|
| One Ox Tail.           | Two ounces Butter.         |
| One Carrot.            | One Turnip.                |
| Two Onions.            | One Shalot.                |
| Celery.                | Half-dozen Cloves.         |
| One dozen Peppercorns. | Teaspoonful Salt.          |
| Bunch Herbs.           | Four pints Stock or Water. |
| Two ounces Flour.      |                            |

Melt the butter in a stewpan, divide the ox tail in joints and fry brown in the butter, remove and add the vegetables cut up. When these are fried, add the herbs, flour, and spices; when brown add the stock, boil up and skim, add the ox tail and seasoning, simmer until the meat is quite tender, remove the meat, pass the soup through a wire sieve, re-heat with the tail, adding one glass of Marsala if liked.

### 51.—MOCK TURTLE SOUP.

#### *Ingredients.*

|                                                      |                                   |
|------------------------------------------------------|-----------------------------------|
| Two quarts of Stock from Calves' Head.               | Teaspoonful Salt.                 |
| One pound Calves' Head.                              | One Carrot.                       |
| Two Onions.                                          | One Leek.                         |
| Quarter-pound lean uncooked Ham.                     | Two Shalots.                      |
| Half-teaspoonful Peppercorns                         | Bunch of Herbs (including Basil). |
| Two ounces Butter.                                   | Clove of Garlic.                  |
| Two ounces Flour.                                    | Piece of Celery.                  |
| Half-pint Sherry and table-spoonful Soy and Ketchup. | Six Cloves.                       |
|                                                      | Six Allspice.                     |
|                                                      | Teaspoonful Lemon Juice.          |

Put the butter in a saucepan, add the vegetables, ham, herbs, and spices. Fry ten minutes, when brown add the flour and well mix, stir in the stock, boil two hours, pass

through a wire sieve, add the sherry, soy, and ketchup, lemon juice, salt, and calves' head—which must have been previously cooked and cut in small pieces, also the poached forcemeat balls (see Hare Soup), bring to boiling point, and serve.

## 52.—HARICOT PUREE.

### *Ingredients.*

|                            |                             |
|----------------------------|-----------------------------|
| One pint of Haricot Beans. | Pint of Milk.               |
| One Onion.                 | Two quarts of Water.        |
| One teaspoonful of Salt.   | Half-teaspoonful Celery Es- |
| Pepper.                    | sence.                      |

Soak the haricot beans in cold water all night. Take the soaked beans and put them in a saucepan with the water and salt, also a sliced onion; put on the fire and let it boil gently until the beans are soft, then pass through a wire sieve into a basin, stir in the milk, add pepper and salt, and pour the purée back into the saucepan to warm; stir it while it is warming, then serve.

## 53.—MUTTON BROTH.

### *Ingredients.*

|                                                         |                    |
|---------------------------------------------------------|--------------------|
| Two pounds scrag end of Neck<br>of Mutton (very fresh). | One Carrot.        |
| Two pints Water.                                        | One Onion or Leek. |
| One Turnip.                                             | Bunch of Parsley.  |
|                                                         | Salt and Pepper.   |

Cut up the mutton, wash and put into a stewpan with water and salt, bring to the boil, well skim, and add the vegetables cut up; boil gently two hours, remove all the fat from the surface, and strain through a sieve. A little pearl barley or rice may be boiled in it, and a little chopped parsley may be placed in the tureen before pouring in the broth. In some cases the vegetables must be omitted, in others only half the quantity of water must be used, according to the condition, idiosyncrasy, or fancy of the patient.



**54.—CHICKEN BROTH***Ingredients.*

|                                              |                    |
|----------------------------------------------|--------------------|
| One Fowl.                                    | One gill of Cream. |
| Small knuckle of Veal or some<br>Veal Broth. | One Leek or Onion. |
| Two ounces Pearl Barley.                     | Celery.            |
|                                              | Cayenne and Salt.  |

Cut up and wash the fowl, place in a stewpan with the veal, and two quarts of water or of veal stock, bring to the boil and skim well, add the onion and celery cut up, and the pearl barley well washed; simmer three or four hours, remove the bones, rub the remainder through a sieve, return to the saucepan, season to taste, add the cream and warm up, but do not boil.

**55.—BEEF TEA.**

For all ordinary purposes the following recipe will be found quite satisfactory:— One pound gravy beef, remove all the fat and skin, cut into small pieces, place in a covered jar with one pint cold water, set in a pan of water, and bring gradually to the boil; after boiling from four to six hours, remove every particle of fat and serve. This process will give a first-class result, but when the tea is wanted at once, the following is a very expeditious plan.

**56.—BEEF TEA QUICKLY MADE.**

One pound lean beef, three-quarters pint water, pinch or salt. Scrape the meat very finely, removing all fat and skin, put into an enamelled saucepan with the water and salt, stir over a very gentle heat till it simmers, taking care it does not boil, simmer fifteen minutes and most of the goodness will be extracted. Strain through a coarse hair sieve, and remove the fat with kitchen paper.

**57.—RAW BEEF TEA.**

This is intended for patients suffering from gastric or typhoid fever; its healing properties render it very suitable in cases where the stomach is in a tender and irritable condition. Though it has very little taste, and to a healthy man would be positively objectionable, the patient for whom

it is intended will as a rule take it, being too ill to criticize or object to its lack of flavour. Take half-pound lean beef, quarter-pint water; shred the meat as in preceding recipe, but do not cook it. Pour the water over and stir frequently till all colour is extracted; strain and serve in a coloured glass, as the appearance is most repulsive.

### **58.—BEEF TEA CUSTARD.**

One egg, quarter-pint beef tea (first recipe), pinch of salt. Break the egg into a cup and beat it well, add salt and beef tea, well mix, pour into a greased cup, tie over the top with buttered paper, and steam very slowly fifteen minutes. This is often preferred by invalids to sweet custard, and if their digestive functions are in a fairly healthy state, nothing better could possibly be given them.

Nourishing, digestible, economical, and easily-prepared Sauces and Gravies, highly to be recommended, are to be made from GOODALL'S YORKSHIRE RELISH.

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# F I S H .

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## 59.—GENERAL REMARKS ON FISH.

The strictest vegetarian may be pardoned for feeling sorely tempted when a sole or a whiting, fresh from its native element, and well dressed and cooked, is placed before him. Fish is highly nutritious food, containing from 10 to 20 per cent. of nitrogenous matter, and an important characteristic is the presence in them of phosphates, or substances containing phosphorus, which make them valuable brain feeders: the human brain needing a supply of this element to sustain it in healthy activity. Thorough cleansing and cooking of fish are essential to its wholesomeness. Fish is only good when in season; indeed, at other times it is in some cases positively dangerous.

It is better to steam fish than to boil it, and it should be borne in mind that fish requires far less cooking than butcher's meat. When boiling salmon, a little vinegar or lemon juice put into the water preserves the colour of the fish, and turbot is improved if the white side is rubbed with a lemon. A tablespoonful of salt should be added to every half-gallon of water. To prevent the white side of a turbot, which is served uppermost, cracking, it is advisable to cut the fish along the dark side once or twice. Frozen fish should be carefully thawed by placing in warm water, or in a warm room, before attempting to cook it. A very nice way of cooking fresh-water fish is to stew it in a little white wine, adding a suspicion of garlic and a bunch of herbs, basting frequently with the wine, removing when the skin cracks to a hot dish and pouring over it the gravy, strained, thickened, and seasoned with salt and cayenne.

## 60.—SAVOURY HADDOCK.

### *Ingredients.*

One Fresh Haddock.  
 One Shalot.  
 Half-teaspoonful Salt.  
 Dust of Cayenne.  
 Quarter-pound Flour.

Tablespoonful Salad Oil.  
 Quarter-pint Tepid Water.  
 Whipped Whites of one or  
 two Eggs.  
 Frying Fat.

Fillet the fish and cut in pieces, cut the shalot very finely, put the flour in a basin, make a bay in it, pour in the oil, add the water by degrees, stirring in the flour, put in the shalot, pepper, and salt, and very lightly mix in whites of eggs, dip the fish in the batter, drop in smoking hot fat, fry a nice brown, drain on paper, garnish with fried parsley.

### 61.—TO FILLET A FISH.

Take a sharp knife, remove the outside fins, pass the knife down the centre of the fish, and slide the knife carefully between the fish and the bones, making each fish into four fillets. The skin should not be removed from a plaice, but the dark skin should in every case be removed from a sole.

### 62.—PLAICE FRIED IN BATTER.

#### *Ingredients.*

|                              |                              |
|------------------------------|------------------------------|
| One Plaice.                  | Quarter-teaspoonful of Salt. |
| Quarter-pound of Flour.      | The Whites of one or two     |
| Quarter-pint of Tepid Water. | Eggs.                        |
| One tablespoonful Salad Oil. |                              |

Put the flour into a basin with the salt, make a well in the centre, and pour in the salad oil, add gradually the tepid water, stirring in the flour. Beat the whites of eggs into a stiff froth, and stir them lightly into the flour. Take the fish from the bones, and cut into pieces, dip them into the batter, take them carefully out, and drop in smoking hot fat. When a nice brown, take out of the fat, and drain on kitchen paper. Dish in a circle on a serviette, with fried parsley in the centre.

### 63.—PLAICE FRIED.

#### *Ingredients.*

|                           |                 |
|---------------------------|-----------------|
| One Plaice.               | Bread Crumbs.   |
| One Egg.                  | Fat for Frying. |
| Two tablespoonfuls Flour. |                 |

Wash and dry the fish—if large, the fish should be filleted; if small, cut in slices; dry each piece of fish in the flour, brush over with beaten egg, cover with bread

crumbs, pressing the crumbs firmly on with the hand. Fry until brown in smoking hot fat. The pieces should not touch each other while lying in the fat; drain on kitchen paper, dish in a circle, with fried parsley in the centre.

#### 64.—FISH CAKES.

##### *Ingredients.*

|                             |                             |
|-----------------------------|-----------------------------|
| Half-pound of cold Fish.    | Two ounces of Butter.       |
| Half-pound cooked Potatoes. | Two Eggs.                   |
| Quarter-teaspoonful Salt.   | Quarter-teaspoonful Pepper. |
| Half-teaspoonful Essence    | Bread Crumbs.               |
| Anchovy.                    | Frying Fat.                 |

Put the potatoes through a wire sieve, pick the fish to pieces, removing the skin and bone. Melt the butter, and add to the fish and potato, mix well together and add one egg, salt, pepper, and anchovy. Make the mixture into flat round cakes, brush over with the other egg beaten up, cover with bread crumbs; fry in smoking hot fat for four or five minutes, drain on kitchen paper; serve with fried parsley.

#### 65.—TO FRY PARSLEY.

Thoroughly wash and dry the parsley, pick off the large stalks, drop in the fat just after it is removed from the fire or gas stove; if put in too hot a fat it becomes black before it is crisp. When served it should be quite green and very crisp.

#### 66.—FRESH HADDOCK, STUFFED AND BAKED.

##### *Ingredients.*

|                                     |                                      |
|-------------------------------------|--------------------------------------|
| One Haddock.                        | Two tablespoonfuls Suet.             |
| Quarter-teaspoonful of Mixed Herbs. | One dessertspoonful chopped Parsley. |
| Half-teaspoonful Salt.              | One Egg.                             |
| Quarter-teaspoonful Pepper.         | Two ounces Dripping.                 |
| Four tablespoonfuls Bread Crumbs.   |                                      |

Wash and dry the fish. Chop the suet and parsley, mix with the bread crumbs, herbs, pepper, salt, and half the egg,

fill the fish with the stuffing, and sew or skewer it up. Truss in the shape of letter "S," pass a large skewer through the head, body, and tail, to keep it in shape, dust over with flour to make the egg adhere, brush over with the remainder of egg, shaking bread crumbs all over it. Grease a tin with the dripping, place in the fish and bake in fairly hot oven, 20 to 30 minutes, basting frequently. Before serving, remove the skewers and string.

### 67.—KEDGEREE.

#### *Ingredients.*

|                           |  |                             |
|---------------------------|--|-----------------------------|
| One pound cooked Fish.    |  | Two ounces Butter.          |
| Quarter-pound Patna Rice. |  | Cayenne, Salt, and Parsley. |
| Two Eggs.                 |  |                             |

Wash and boil the rice, pick the fish to pieces, removing the skin and bones; boil the eggs twelve minutes, remove the shell, chop the whites into small pieces, melt the butter in a stew-pan, put in the rice, the fish, white of egg, cayenne, and salt; mix well together and make thoroughly hot. Form into a pyramid on a hot dish, rub the yolks of eggs through a sieve, and decorate the kedgerree with this and the parsley finely chopped.

### 68.—STEWED EELS.

#### *Ingredients.*

|                              |  |                        |
|------------------------------|--|------------------------|
| Two small Eels.              |  | Half-pint White Stock. |
| Three-quarter ounce Flour.   |  | One ounce Butter.      |
| Teaspoonful Parsley.         |  | Salt and Pepper.       |
| Half-teaspoonful Lemon Juice |  |                        |

Remove the heads and skin, cut in pieces about  $1\frac{1}{2}$  to 2 inches long, fry in the butter without browning, remove the fish from the saucepan, and stir in the flour; add the stock, stir until it boils, put the fish in the saucepan and simmer until tender; add the parsley, lemon juice, salt and pepper, and wineglass of Marsala if liked; put the pieces of fish in the centre of dish, and pour sauce round.



**69.—FILLET OF SOLE, WITH CHEESE.***Ingredients.*

|                                  |                          |
|----------------------------------|--------------------------|
| Two Soles.                       | Dust of Cayenne.         |
| Three-quarters pint Milk.        | Two ounces Butter.       |
| Three ounces Parmesan<br>Cheese. | Teaspoonful Lemon Juice. |
| Two Yolks of Eggs.               | Half-ounce Flour.        |
|                                  | Tablespoonful Cream.     |

Fillet the sole, put the skin and bones in a stewpan with the milk, simmer half-an-hour, strain, mix two ounces of cheese, yolks of eggs, cayenne, and salt; place this inside the fillets, lay on a buttered tin, cover with buttered paper, bake in a slow oven 8 to 10 minutes. Melt one ounce of butter in a stewpan, stir in the flour, add the milk from the bones, stir until boiling, boil 3 minutes, add the cream, lemon juice, half-ounce cheese; place the fillets round the dish, pour the sauce over, sprinkle the remainder of the cheese on top; brown under gas griller or with a salamander.

**70.—SOLE AU GRATIN.***Ingredients.*

Grease a fire-proof dish, and sprinkle on it half the following mixture :—

|                        |                            |
|------------------------|----------------------------|
| A teaspoonful Parsley. | One Truffle, chopped up.   |
| Small piece of Onion.  | Half-teaspoonful Salt.     |
| Two small Mushrooms.   | Quarter-teaspoonful Pepper |

Notch the sole in four places across each side, lay on the dish and sprinkle over it the other portion of the mixture and more lemon juice, cover all over with brown bread crumbs, and one ounce of butter in small pieces, bake fifteen to twenty minutes in a slow oven, wipe the dish and pour round some very rich brown gravy, serve in the dish it is cooked in.

**71.—FILLETED SOLE WITH SHRIMPS.**

Take two medium-sized soles, take off the dark skin and remove the bones, lay some shrimp mixture (see p. 40) on each fillet and double over in half, place on a greased plate and steam ten to fifteen minutes until the fillets present an opaque appearance: place in a circle on a hot dish, pour

over the following sauce and serve. Sauce:—Melt one ounce butter in a small stewpan, stir into it three-quarters ounce flour and the half-pint of stock made from the fish bones, stir till it thickens and cook three minutes, Afterwards add half gill cream, salt and cayenne to taste, and one teaspoonful lemon juice.

## 72.—FILLET OF SOLE WITH MAÎTRE D'HOTEL SAUCE.

### *Ingredients.*

|                               |                                   |
|-------------------------------|-----------------------------------|
| One large or two small Soles. | Teaspoonful Lemon Juice.          |
| One-and-a-half ounces Butter. | Dust of Cayenne.                  |
| Half ounce Flour.             | Quarter-teaspoonful Salt.         |
| Tablespoonful Cream.          | Half-teaspoonful chopped Parsley. |
| One-and-a-half gill Milk.     |                                   |

Fillet the fish, put the bones, fins, and skins with the milk in a saucepan to boil, fold the fillets side next to the bone outside, grease a tin and a paper with part of the butter, place the fillets on the tin, squeeze half the lemon juice over them, cover with the buttered paper. Bake from six to eight minutes, melt the remainder of the butter in a stewpan, add the flour and well mix it, pour the milk from the fish bones into the stewpan and boil five minutes; add cream, salt, cayenne, lemon juice and parsley finely chopped; dish in a circle, pour the sauce over.

## 73.—FILLET OF PLAICE

may be cooked as above, substituting Plaice for sole.

## 74.—SOLE À LA ROUENNAISE.

### *Ingredients.*

|                                       |                                   |
|---------------------------------------|-----------------------------------|
| One large or two small Soles.         | Tablespoonful Cream.              |
| One-and-a-half ounce Butter.          | One-and-a-half gills Milk.        |
| Half-ounce Flour.                     | Quarter-teaspoonful Salt.         |
| Dust of Cayenne.                      | Half-teaspoonful Chopped Parsley. |
| Lobster Cutlet Mixture (see page 42). | Yolk of Hard-boiled Egg,          |
| Lobster Coral.                        | Truffle.                          |
| Teaspoonful Lemon Juice.              |                                   |

Fillet the fish, put the bones, fins, and skins in a saucepan with the milk to boil, spread some lobster mixture on one half of the fillet, folding the other over it, place on a greased tin, squeeze half the lemon juice over, cover with buttered paper, bake six to eight minutes, make a sauce by melting the butter in a stewpan, mix in the flour, add the milk which bones were boiled in, boil five minutes, add pepper, salt, cream, lemon juice, dish the fillets in a circle, pour sauce over them. Decorate the fillets thus—one each with truffles, parsley, coral, and yolk of egg, and so on alternately.

### 75.—FRIED SOLE.

#### *Ingredients.*

|           |               |
|-----------|---------------|
| One Sole. | Bread Crumbs. |
| Half Egg. | Parsley.      |
| Flour.    | Frying Fat.   |

Remove the dark skin, well dry, and rub over with flour, brush over with the beaten egg, and well cover with fine bread crumbs, pressing them well on with the hand. Fry in smoking hot fat, five to seven minutes; there should be sufficient fat to cover it without turning, drain on kitchen paper.

### 76.—SHRIMP MIXTURE.

Melt one ounce butter in a stewpan and stir in  $\frac{1}{2}$ -oz. flour, add half-gill milk; stir till boiling and cook five minutes, add salt and cayenne to taste, half teaspoonful lemon juice, dust of nutmeg and quarter-pint picked shrimps; half-gill cream is an improvement; mix well together, and turn on to a plate.

### 77.—ESCALOPS.

#### *Ingredients.*

|                            |                             |
|----------------------------|-----------------------------|
| Twelve Escalops.           | The Juice of a quarter of a |
| One teaspoonful Anchovy    | Lemon.                      |
| Sauce.                     | Butter.                     |
| Half-saltspoonful Cayenne. | Flour.                      |
| A little grated Nutmeg.    | Bread Crumbs.               |

Wash thoroughly, as they are apt to be gritty. Let them *simmer* in milk sufficient to cover them (and *only*

simmer, or they will be spoilt at starting), for fifteen or twenty minutes. When they are done place them in their shells: then proceed to thicken the milk with a piece of butter, size of a pigeon's egg, rolled in flour, make it as thick as cream, then add teaspoonful of anchovy sauce, the cayenne, nutmeg, and juice of quarter of a lemon; put some of this mixture over each escalop, cover with bread crumbs and some little pieces of butter broken over, and bake or braise a nice brown. Serve in their shells on a serviette.

### 78.—FRIED ESCALOPS.

#### *Ingredients.*

|               |  |             |
|---------------|--|-------------|
| Escalops.     |  | Flour.      |
| One Egg.      |  | Frying Fat. |
| Bread Crumbs. |  |             |

Cleanse the escalops carefully, dry and sprinkle them with flour, cover with egg and bread crumbs, and fry in smoking hot fat four or five minutes.

### 79.—ESCALOPS IN BATTER.

#### *Ingredients.*

|                  |  |             |
|------------------|--|-------------|
| Escalops.        |  | Cayenne.    |
| Five ozs. Flour. |  | Salt.       |
| One Egg.         |  | Frying Fat. |
| Gill Milk.       |  |             |

Wash, dry and flour the escalops. Put the flour, cayenne and salt into a basin, make a stiff batter with the yolk of egg and the milk, beat the white of egg to a froth, and stir lightly into the batter, coat each escalop carefully with the mixture and fry in smoking hot fat five minutes.

### 80.—RAGOUT OF ESCALOPS.

#### *Ingredients.*

|                          |  |                  |
|--------------------------|--|------------------|
| Six Escalops.            |  | Cayenne.         |
| One oz. Butter.          |  | Salt.            |
| Three-quarter oz. Flour. |  | One small Onion. |
| Half-pint Stock.         |  |                  |

Melt the butter, add the onion finely chopped, and fry until brown; mix in the flour, add the stock, salt and

cayenne, stir until thickened, cut the escalops into small pieces and cook them quickly in the sauce for twenty minutes.

### 81.—LOBSTER CUTLETS.

#### *Ingredients.*

|                                     |                          |
|-------------------------------------|--------------------------|
| One Lobster or half-tin of Lobster. | Fat for Frying.          |
| One-and-a-half ounce Butter.        | Quarter-pint Milk.       |
| One ounce Flour.                    | Teaspoonful Lemon Juice. |
| Half-teaspoonful Salt.              | Half-gill Cream.         |
| One Egg.                            | A dust of Cayenne.       |
|                                     | Bread Crumbs.            |

Melt the butter in a stewpan, stir into it the flour, add the milk, stir until it thickens, boil four minutes, remove from the fire, add the lobster finely minced (with the lobster coral or spawn, if any), cream, lemon juice, cayenne, and salt. Mix thoroughly, spread on a dish and when cold form into the shape of lamb cutlets. Place in each cutlet a small piece of claw to simulate the bone, beat the egg and brush them over, and cover with fine bread crumbs. Fry in smoking hot fat three to four minutes. Dish in a circle on a folded serviette and garnish with fried parsley.

### 82.—OYSTER CUTLETS.

Prepare the same as Lobster Cutlets, using two dozen Oysters, bearded and blanched, instead of the lobster.

### 83.—SHRIMP CUTLETS.

As above, substituting half-pint picked Shrimps.

### 84.—CURRIED FISH.

#### *Ingredients.*

|                            |                                 |
|----------------------------|---------------------------------|
| One pound cooked Fish.     | One ounce Butter.               |
| One Onion.                 | One tablespoonful Curry Powder. |
| Half-pint Fish Liquor.     | Salt to taste.                  |
| One dessertspoonful Flour. | Half-teaspoonful Sugar.         |
| Teaspoonful Lemon Juice.   |                                 |
| One Apple.                 |                                 |

Peel the onion and apple, chop them finely, put in the

saucepan with the butter and fry until they are brown, then stir in the curry powder and flour; add the salt and sugar and stir in one pint of fish liquor, boil up and simmer for twenty minutes. Lastly stir in the lemon juice, and add the fish cut up in neat pieces; make thoroughly hot, but do not boil after the fish is added. Serve with a border of boiled rice.

### 85.—SALMON.

For boiling or steaming, a small salmon should be trussed in the form of letter S. Allow six minutes to the pound for boiling, adding a little vinegar or lemon juice to the water, ten minutes for steaming. The latter is the more economical way, as all the nutriment and flavour are retained; serve on a folded serviette, garnish with lemon or parsley; lobster, shrimp, or tartare sauce should accompany it.

### 86.—FRIED WHITING.

#### *Ingredients.*

|                |  |          |
|----------------|--|----------|
| Three Whiting. |  | One Egg. |
| Bread Crumbs.  |  | Parsley. |
| Lemon.         |  |          |

Wash and dry the whiting, take off the skin and fasten the tail in the mouth, rub over with flour, brush over with beaten egg, and cover with bread crumbs, fry four to six minutes, drain on kitchen paper. Stand up on a folded serviette, garnish with fried parsley and slices of lemon.

### 87.—TIMBALES OF WHITING.

#### *Ingredients.*

|                              |  |                   |
|------------------------------|--|-------------------|
| Two Whiting.                 |  | Two ounces Flour. |
| Three Eggs.                  |  | One ounce Butter. |
| One gill Cream.              |  | Half-pint Milk.   |
| Cayenne.                     |  | Salt.             |
| Half-teaspoonful Lemon Juice |  |                   |

Remove the bones from the fish, put the bones in a saucepan with the milk to boil, rub the fish through a sieve, put the flour and butter into a saucepan, mix well together,



add one gill milk from the fish bones, stir until it thickens ; boil five minutes, add the whiting and the eggs one at a time, salt, pepper, cream and lemon juice ; mix well together, pour into buttered daniel moulds, cover with buttered paper. Steam twenty to thirty minutes, according to the size of the mould. Serve with sauce.

### 88.—SAUCE FOR TIMBALES.

#### *Ingredients.*

|                              |                   |
|------------------------------|-------------------|
| One ounce Butter.            | Half-ounce Flour. |
| Gill Milk.                   | Half-gill Cream.  |
| Half-teaspoonful Lemon Juice | Salt. Cayenne.    |

Melt the butter in a saucepan, stir in the flour, add the milk the fish bones have been boiled in, stir until it boils and thickens, cook three minutes, add the cream, pepper, salt, lemon juice, pour over the Timbales and serve.

### 89.—MACKEREL OR HERRING, À LA NORMANDE.

#### *Ingredients.*

|                                          |                                                 |
|------------------------------------------|-------------------------------------------------|
| Two Mackerel, or Four<br>Fresh Herrings. | One Shalot, or small piece<br>of Onion.         |
| Two tablespoonfuls Bread<br>Crumbs.      | One and-half ounce Butter,<br>or Beef Dripping. |
| Dessertspoonful Chopped<br>Parsley.      | Half-teaspoonful Salt.                          |
| Quarter-teaspoonful Mixed<br>Herbs.      | Quarter-teaspoonful Pepper.                     |

Wash and dry the fish, remove the heads and tails split them down the back, remove the bones, grease a tin with part of the butter, place one fish on the tin, skin downwards, sprinkle over it the bread crumbs, onion or shalot and parsley, finely chopped, herbs, pepper and salt ; put part of the butter in small pieces on the stuffing, place the other fish on top, skin upwards, with the remainder of the butter ; bake ten to fifteen minutes, basting frequently.

### 90.—BOILED OR STEAMED FISH (WHITE FISH).

To steam is the more economical way ; let the water boil, then place the fish in the steamer, and allow from ten

to fifteen minutes to the pound according to the thickness ; if boiled, put a teaspoonful of salt to gallon of water. When the fish is first put in the fish kettle the water should not boil as this cracks the skin before it is cooked, simmer gently six to ten minutes to the pound. Cod should be served with oyster sauce. Mackerel with parsley or fennel sauce. Turbot with lobster sauce.

### 91.—MACKEREL GRILLED.

Wash and dry the fish, split open, remove the bones, place on hot gridiron before clear fire, or under the Gas Grill, which should be red hot, for five or seven minutes, according to size, turn the fish and cook the other side. Serve on a hot dish with Maître d'Hôtel Butter (see Grilled Steak).

### 92.—RED MULLET À LA GENOA,

#### *Ingredients.*

|                            |                     |                    |
|----------------------------|---------------------|--------------------|
| Two Red Mullet.            | Half-teaspoonful    | Lemon              |
| Pepper.                    |                     | Juice.             |
| One teaspoonful Arrowroot. | One ounce           | Butter.            |
| One glass Port.            | Quarter-teaspoonful | Liebig             |
| Salt.                      |                     | Company's Extract. |
| Half-gill Water.           |                     |                    |

Wash and dry the fish, lay on a greased baking sheet, pour over the wine and lemon juice, cover with buttered paper ; bake fifteen to twenty minutes, place them on hot dish, mix the arrowroot with the water, pour into the tin the fish was baked in, add pepper, salt, and Liebig, stir until it boils and thickens, strain over the mullet and serve.

### NOS. 93 & 94.

John Dorey or Gurnets may be cooked in the same way.

### 95.—KROMESKIES OF LOBSTER.

#### *Ingredients.*

|                               |                     |
|-------------------------------|---------------------|
| Lobster Cutlet Mixture (p.42) | Frying Batter       |
| Fat to Fry.                   | (see Fried Plaice). |
| Slices of Fat Bacon.          |                     |

Cut some very thin slices of fat bacon, wrap a little lobster mixture in each, dip them in batter, drop in hot fat, and fry a pale brown. Serve with fried parsley.

## SAUCES.

**96.—BEARNAISE SAUCE.***Ingredients.*

|                                              |                  |          |
|----------------------------------------------|------------------|----------|
| Two Shalots.                                 | Half-teaspoonful | chopped  |
| Half-teaspoonful of Chervil<br>and Tarragon. | Parsley.         |          |
| Gill White Sauce.                            | Half-gill        | Vinegar. |
| Yolks of two Eggs.                           | Two ounces       | Butter.  |

Chop the shalots and boil in the vinegar until reduced to half the quantity, mix in the white sauce and whisk in, one at a time, the yolks of eggs, add the butter in small pieces, remove from the fire and whisk until thick, add parsley, tarragon and chervil; great care should be taken in adding the eggs or they will curdle.

**7.—BECHAMEL SAUCE.***Ingredients.*

|                              |             |              |
|------------------------------|-------------|--------------|
| One-and-a-half ounce Butter. | Gill        | Cream.       |
| One ounce Flour.             | Teaspoonful | Lemon Juice. |
| Three gills White Stock.     | Pepper.     |              |
| Eight Button Mushrooms.      | Salt.       |              |

Melt the butter in a stewpan, stir in the flour, add the stock, stir and boil five minutes, put in the mushrooms, simmer thirty minutes, take off the scum as it rises, strain through a tammy, add the cream, lemon juice, pepper, and salt. If required for masking, quarter-ounce of isinglassine or half-gill of aspic jelly must be put in.

**98.—BREAD SAUCE.***Ingredients.*

|                            |                         |
|----------------------------|-------------------------|
| Three ounces Bread Crumbs. | Salt.                   |
| One Shalot or piece Onion. | Half-gill Cream, or one |
| Six Peppercorns.           | ounce Butter.           |
| Three-quarters pint Milk.  |                         |

Put the bread crumbs, onion or shalot, peppercorns, and salt into a saucepan, soak half an hour, remove the onion and peppercorns, stir in the cream or butter, and serve.

**99.—BROWN SAUCE.***Ingredients.*

One ounce Butter.  
 One ounce Flour.  
 Half-pint Stock.  
 Four Mushrooms.  
 Half Carrot.

One Onion or Shalot.  
 Salt.  
 Pepper.  
 Bunch Herbs.

Melt the butter in a stewpan, fry the vegetables and herbs in it, add the flour and well mix, stir in the stock, simmer twenty minutes; add seasoning, pour through a fine strainer.

**100.—WHITE SAUCE.***Ingredients.*

One ounce Butter.  
 One ounce Flour.  
 Three gills Milk.

Bay Leaf.  
 Dust of Nutmeg.  
 Salt and Cayenne.

Melt the butter in a stewpan. Stir in the flour, add milk and bay leaf, boil five minutes stirring all the time, take out the bay leaf, add nutmeg, cayenne, and salt to taste.

**101.—WINE SAUCE.***Ingredients.*

Yolks of three Eggs.  
 Gill Sherry.

Tablespoonful Castor Sugar.

Put these into a stewpan, and whisk over the fire until thick.

**102.—BRANDY SAUCE.**

Same as Wine Sauce, substituting Brandy for Wine.

**10.—HORSE-RADISH SAUCE.***Ingredients.*

Three ounces grated Horse-  
 radish.  
 Half-pint Milk or Cream.  
 Teaspoonful made Mustard.

Tablespoonful of Vinegar or  
 Lemon Juice.  
 Quarter-teaspoonful Salt.

Mix thoroughly and serve.

**104.—MAÎTRE D'HOTEL SAUCE.***Ingredients.*

|                           |                              |
|---------------------------|------------------------------|
| One ounce Butter.         | Teaspoonful Lemon Juice.     |
| Half-ounce Flour.         | Teaspoonful chopped Parsley. |
| One-and-a-half gill Milk. | Salt and Cayenne to taste.   |
| Tablespoonful Cream.      |                              |

Melt the butter in a stewpan, stir in the flour, add the milk, stir until boiling. Cook three minutes. Mix in the lemon juice, cream, parsley, and seasoning.

**105.—MAYONNAISE SAUCE.***Ingredients.*

|                                      |                                    |
|--------------------------------------|------------------------------------|
| Two yolks Eggs.                      | Few drops of Tincture of Capsicum. |
| Salt.                                | Tablespoonful Malt Vinegar.        |
| Pepper.                              | Half-pint Salad Oil.               |
| Dessertspoonful of Tarragon Vinegar. |                                    |

Put the yolks of eggs, salt, pepper, and a few drops of vinegar into a basin. Stir thoroughly with a wooden spoon, adding the oil one drop at a time, stirring all the time. Add the vinegar and capsicum, and one dessertspoonful boiling water to prevent it turning.

**106.—TOMATO SAUCE.***Ingredients.*

|                              |                     |
|------------------------------|---------------------|
| Six large Tomatoes.          | One Onion.          |
| Bunch of Herbs.              | Half a Turnip.      |
| Teaspoonful Lemon Juice.     | One ounce Butter.   |
| One Carrot.                  | Salt.               |
| Half-pint Stock.             | One ounce of Flour. |
| One teaspoonful Peppercorns. |                     |

Cut up the vegetables and fry them in the butter for ten minutes, add the flour, well mix; stir in the stock, seasoning and other ingredients. Boil three-quarters of an hour. Pass through a sieve, put back in the saucepan, add the lemon juice and more seasoning, if required. This sauce, if well cooked, will keep for some time.

**107.—CAPER SAUCE.***Ingredients.*

|                                                |  |                          |
|------------------------------------------------|--|--------------------------|
| One ounce Butter.                              |  | Tablespoonful Capers.    |
| Half-ounce Flour.                              |  | Teaspoonful Lemon Juice. |
| One-and-a-half gills Water,<br>Milk, or Stock. |  | Salt and Pepper.         |

Make as for Melted Butter, adding the lemon juice and Capers, cut in quarters, just before serving.

**108.—MELTED BUTTER.***Ingredients.*

|                             |  |                  |
|-----------------------------|--|------------------|
| One ounce Butter.           |  | Half-pint Water. |
| Three-quarters ounce Flour. |  |                  |

Melt the butter, and stir in the flour, pour in the water. Stir until it thickens, boil three minutes.

**109.—ONION SAUCE.***Ingredients.*

|                          |  |                    |
|--------------------------|--|--------------------|
| Quarter-pound Onions.    |  | Half-ounce Butter. |
| Half-pint Milk or Water. |  | Salt.              |
| Half-ounce Flour.        |  | Pepper.            |

Peel the onions and cut them up. Put in a sancepan and boil until tender, strain, and throw away the water, melt the butter, mix in the flour, add the milk, or water; stir until it boils, add the onion. Boil five minutes. Season to taste. Serve.

**110.—PARSLEY SAUCE.**

Stir into the melted butter teaspoonful finely-chopped parsley, just before serving.

**111.—PIQUANT OR SHARP SAUCE.***Ingredients.*

|                             |  |                      |
|-----------------------------|--|----------------------|
| One ounce Butter.           |  | One Gherkin.         |
| Half-gill Vinegar.          |  | Teaspoonful Parsley. |
| Three-quarters ounce Flour. |  | Pepper.              |
| Half-pint Veal Stock.       |  | Salt.                |
| One Shalot.                 |  |                      |



Put the butter, vinegar, gherkin, shalot, and parsley in a stewpan and boil ten minutes, or until the shalot is soft; stir in the flour, add the stock and cook three minutes after it boils. A little sauce may be added, if liked, with seasoning to taste. Strain and serve.

### 112.—EGG SAUCE.

#### *Ingredients.*

|                       |                           |
|-----------------------|---------------------------|
| Two hard-boiled Eggs. | One-and-a-half gill Milk. |
| One ounce Butter.     | Pepper.                   |
| Half-ounce Flour.     | Salt.                     |

Boil the eggs twelve minutes, put them in cold water to preserve the colour. Remove the shell, chop the white finely. Melt the butter in a stewpan, mix in the flour, add the milk. Cook three minutes after it boils, stirring it all the time. Add the whites of eggs, pepper and salt to taste. Pour over boiled fowl, salt cod, etc. Rub the yolk through a sieve all over the surface. Tablespoonful cream is an improvement.

### 113.—OYSTER SAUCE.

Made as for Egg Sauce, using teaspoonful lemon juice and one dozen Oysters cut in quarters instead of the eggs.

### 114.—MINT SAUCE.

#### *Ingredients.*

|                                             |                            |
|---------------------------------------------|----------------------------|
| Two tablespoonfuls finely-<br>chopped Mint. | Teaspoonful Salt.          |
| Two ounces Brown Sugar.                     | Quarter-pint Malt Vinegar. |

Dissolve the sugar and salt in the vinegar; when no trace of the sugar remains, add the mint and well mix.

### 115.—APPLE SAUCE.

#### *Ingredients.*

|                                        |                         |
|----------------------------------------|-------------------------|
| One pound Apples.                      | Half-gill Water.        |
| Peel of half Lemon, or four<br>Cloves. | Two ounces Moist Sugar. |
|                                        | Half ounce Butter.      |

Peel, core, and slice the apples, put them in an enamelled pan with the other ingredients, boil until the apples are soft; remove the cloves, or peel, and rub through a hair sieve or pulp with a wooden spoon. Serve with pork, goose, or duck.

### 116.—JAM SAUCE.

#### *Ingredients.*

|                                  |                         |
|----------------------------------|-------------------------|
| Two tablespoonfuls Red Jam.      | Gill Water.             |
| Half-teaspoonful of Lemon Juice. | One ounce Castor Sugar. |
|                                  | Six drops Cochineal.    |

Put all the ingredients into a saucepan and boil until thick, strain through a fine wire strainer, and serve with soufflé, boiled batter pudding, &c.

### 117.—MARMALADE SAUCE.

Make as Jam Sauce, substituting Marmalade.

### 118.—GLAZE.

Boil down two quarts brown stock until it coats a spoon, or take a dessertspoonful Liebig Company's Extract of Meat, half-ounce isinglassine or gelatine, saltspoonful of salt, one pint water, boil this down in the same way, pour into a jar. Keep tightly covered, when wanted for use, stand the jar in boiling water and dissolve. A small piece added to soups or gravies is an improvement.

### 119.—LOBSTER SAUCE.

Make same as Oyster Sauce, substituting the flesh from tail and claws of Lobster cut in small pieces, also coral or spawn, if any.

### 120.—SHRIMP SAUCE.

Same as Lobster Sauce, substituting Shrimps for lobster.

### 121 & 122.—LEMON OR ORANGE SAUCE

#### *Ingredients.*

|                        |                       |
|------------------------|-----------------------|
| One Lemon, or Orange.  | Half-pint Cold Water. |
| Two ounces Loaf Sugar. |                       |

Peel the fruit very thinly, squeeze the juice and put both into a small stewpan with the sugar and water ; boil half an hour, strain, and serve with suet pudding, blancmange, boiled rice, etc.

### 123.—WORCESTER SAUCE.

#### *Ingredients.*

|                             |                        |
|-----------------------------|------------------------|
| One quart Vinegar.          | Half-ounce Garlic.     |
| Half-pint Tarragon Vinegar. | Quarter-ounce Cloves.  |
| Two ounces Anchovies.       | Half-pound Lump Sugar. |
| Five ounces Soy.            | One-and-a-half ounces  |
| One-and-a-half ounces       | Shalots.               |
| Tamarinds.                  | Quarter-ounce Cayenne. |
| Teaspoonful Lemon Flavour.  | One ounce Salt.        |

Put the vinegar, cayenne, salt, and sugar in an enamelled pan, chop the garlic, shalot, and tamarinds, and add also the cloves and anchovies pounded in a mortar, boil one hour, remove the scum as it rises, add the soy, lemon flavour, and pass through a hair or tammy sieve. This will keep years, if tightly corked.

## COLD MEAT.

---

### 124.—MINCED CHICKEN AND HARD BOILED EGGS.

#### *Ingredients.*

|                           |  |                      |
|---------------------------|--|----------------------|
| Cold Fowl.                |  | Salt.                |
| Half-teaspoonful Lemon    |  | Pepper.              |
| Juice.                    |  | Tablespoonful Cream. |
| Two ounces Ham or Tongue. |  | Dust of Nutmeg.      |
| Dessertspoonful Flour.    |  |                      |

Cut up any pieces of cold fowl, ham, or tongue, removing the bones and skin of the fowl; put these in a saucepan with pint of water, and boil until reduced to a gill, strain off and put in a saucepan, with the minced chicken, ham, or tongue, flour, lemon juice, pepper, salt, nutmeg, bring to the boil, add the cream. Serve with croûtons of fried bread, or hard-boiled eggs cut in quarters round the dish.

### 125, 126, & 127.—POTTED VEAL, CHICKEN OR GAME.

#### *Ingredients.*

|                                       |  |                                           |
|---------------------------------------|--|-------------------------------------------|
| Two pounds Veal, Chicken,<br>or Game. |  | Half-teaspoonful Liebig<br>Co.'s Extract. |
| Half-teaspoonful Aromatic<br>Spice.   |  | Salt.                                     |
| Four ounces Butter.                   |  | Teaspoonful Sauce.                        |
| Grated Peel of a Lemon.               |  | Cayenne.                                  |

Remove the skin, gristle, and bones, pound in a mortar with the butter, sauce, Liebig, salt, cayenne, and aromatic spice; when well mixed and perfectly smooth, press closely into pots, and cover with clarified butter.

### 128.—COLD MEAT BRAUN.

#### *Ingredients.*

|                                              |  |                      |
|----------------------------------------------|--|----------------------|
| One pound Cold Meat.                         |  | One Onion.           |
| Bunch of Herbs.                              |  | Six Cloves.          |
| Quarter-teaspoonful Liebig<br>Co.'s Extract. |  | Half Turnip.         |
| One Carrot.                                  |  | Twelve Peppercorns.  |
| Small piece Mace.                            |  | Salt.                |
| Half-ounce Isinglassine.                     |  | Teaspoonful Parsley. |
|                                              |  | Pint Water.          |

Dip a mould or cake tin in cold water, cut the meat in squares, and lay it lightly in the tin, sprinkling the parsley among it, put the other ingredients in a stewpan, cutting the vegetables up small, boil half-hour, strain the gravy into the tin, when cold turn out ; the tin may be decorated with hard-boiled eggs, strips of tongue or ham, &c., before putting in the meat.

### 129.—CURRIED MEAT.

#### *Ingredients.*

|                                   |                                    |
|-----------------------------------|------------------------------------|
| One pound Cold Meat, not<br>Pork. | Tablespoonful Flour.               |
| Dessertspoonful Curry<br>Powder.  | Quarter-pound Patna Rice.          |
| Two Onions.                       | One ounce Butter or Drip-<br>ping. |
| One Apple.                        | Salt.                              |
|                                   | Half-pint Stock.                   |

Cut the meat into neat pieces, peel and slice the onion, fry it in the butter for five minutes, add the apple finely chopped, the curry powder and flour ; well mix, add the stock, simmer half-an-hour, add the pieces of meat, and warm through ; serve with a border of boiled rice.

### 130.—MINCED MEAT AND POTATO WALL.

#### *Ingredients.*

|                      |                    |
|----------------------|--------------------|
| One pound Cold Meat. | Mashed Potatoes.   |
| Small Onion.         | Half-ounce Butter. |
| Quarter-pint Stock.  | Pepper.            |
| Half-ounce Flour.    | Salt.              |

Chop the onion finely, and fry brown in the butter, add the flour and stock, stir until it boils and thickens, add the meat, pepper and salt, and a little sauce if preferred ; it must not boil after the meat is put in ; make a border of mashed potato, put the meat in the centre, place in the oven or under the gas grill to warm.

### 131.—COLLARED HEAD.

#### *Ingredients.*

|                          |                   |
|--------------------------|-------------------|
| One Pig's Head.          | Two ounces Salt.  |
| Parsley.                 | Lemon Juice.      |
| Teaspoonful Peppercorns. | Two ounces Sugar. |
| Half-ounce Saltpetre.    | Carrot.           |
| Two Shalots.             | Bunch Herbs.      |

Clean the head and remove the bones, rub in saltpetre, sugar, and salt, allow it to remain 24 hours, wash and sprinkle over it the shalots and parsley finely chopped, stuff with the forcemeat, sew it up to the shape of the head, rub over with lemon juice to whiten it, put in a saucepan with the bones, one carrot, bunch of herbs, peppercorns, and enough water to cover; simmer three hours.

### 132.—CHICKEN IN BATTER.

#### *Ingredients.*

|                           |  |                            |
|---------------------------|--|----------------------------|
| Some pieces Cold Chicken. |  | One or two Whites of Eggs. |
| Lemon Juice.              |  | Parsley.                   |
| Quarter-pound Flour.      |  | Pepper.                    |
| Gill Tepid Water.         |  | Salt,                      |
| Tablespoonful Salad Oil.  |  | Frying Fat.                |

Cut the chicken into neat pieces, sprinkle over each piece chopped parsley, lemon juice, pepper, salt; put the flour in a basin, make a bay in the centre, pour in the oil, add the water by degrees, stirring in the flour, whip the eggs, and mix in lightly, dip the chicken in this, drop in smoking hot fat, fry a nice brown, garnish with fried parsley.

### 133.—MEAT IN BATTER.

Substituting slices of cold Meat for chicken.

### 134.—COLD MEAT AND TOMATOES.

#### *Ingredients.*

|                      |  |                         |
|----------------------|--|-------------------------|
| One pound Cold Meat. |  | Salt.                   |
| Gill of Stock.       |  | Half-pound Tomatoes.    |
| One pound Potatoes.  |  | Few Brown Bread Crumbs. |
| Pepper.              |  | One Small Onion.        |

Cut the meat, tomatoes and potatoes in slices, chop the onions finely, put alternate layers of meat, tomato and potato, having potatoes at the top, sprinkle the chopped onion, pepper and salt between the layers, pour in the stock, sprinkle the bread crumbs over the top, place in the oven half-an-hour. Serve in the dish it is baked in.



**135.—RISSOLES OF COLD MEAT OR CHICKEN.***Ingredients.*

|                            |                          |
|----------------------------|--------------------------|
| One pound of Cold Meat, or | Pepper.                  |
| Three-quarters pound       | One gill Stock, or Milk. |
| Chicken, and quarter-      | Pinch mixed Herbs.       |
| pound Ham.                 | One Egg.                 |
| Fat for Frying.            | Teaspoonful chopped      |
| One ounce of Butter.       | Parsley.                 |
| One ounce Flour.           | Grate of Nutmeg.         |
| Salt.                      | Bread Crumbs.            |

Chop the meat finely, melt the butter in a stewpan, stir in the flour, add the stock or milk, boil until it leaves the sides of the stewpan, add the parsley, herbs, nutmeg, pepper and salt, well mix, stir in the chopped meat; if chicken, add half-teaspoonful lemon juice, turn on a plate to cool; when cold form into balls, then egg and bread-crumbs. Fry to a nice brown in smoking hot fat, drain on paper, garnish with fried parsley.

**136.—POTATO PIE.***Ingredients.*

|                            |                  |
|----------------------------|------------------|
| One Pound Cold Meat.       | Half-gill Stock. |
| One pound cooked Potatoes. | Milk or Cream.   |
| Half-ounce Butter, or      | Pepper and Salt. |
| Dripping.                  | Small Onion.     |

Cut the meat in pieces, and place in a pie dish, sprinkle the pepper, salt, and finely-chopped onion among it, add the stock or quarter-teaspoonful Liebig Co.'s Extract dissolved in water, mash or rub the potatoes through a sieve, add to them the butter, salt and pepper to taste, add a little milk, if not soft enough, cover the pie dish with the potato, forming a crust, bake until the potatoes are a nice brown.

**137.—HASHED MEAT.***Ingredients.*

|                       |                        |
|-----------------------|------------------------|
| One pound Cold Meat.. | Salt.                  |
| Two Onions,           | Bunch Herbs.           |
| One ounce Flour.      | Dessertspoonful Sauce. |
| One Carrot.           | One ounce Dripping.    |
| Half Turnip.          | Pepper.                |

Cut the meat from the bones, put the bones, carrot, turnip, herbs, and one onion in a saucepan. with enough water to cover, and boil two or three hours, strain; peel and slice the other onion and fry brown in the dripping, add the flour, and when this is brown add half-pint stock from the bones, boil half-hour, add the meat and allow it to warm through, season with pepper, salt and sauce to taste. Serve on a hot dish with toast.

### 138.—PATTIES OF COLD MEAT.

#### *Ingredients.*

|                                     |                                  |
|-------------------------------------|----------------------------------|
| Half-pound Coombs' Eureka<br>Flour. | Three ounces Dripping.           |
| Half-pound Cold Mutton,<br>or Beef. | Small piece Onion.               |
| Gravy.                              | Pepper, Salt and Mixed<br>Herbs. |

Rub the dripping into the flour, pinch salt, and enough cold water to form a paste, roll out one-eighth inch thick, cut out with round cutter, grease patty pans, and line them with half the rounds, cut the meat small, chop the onions and herbs very finely, and mix with it, adding pepper, salt, and talbespoonful gravy. Put this mixture in the patty pans, wet the edges of the paste, cover the top with paste, press the edges together, bake in a quick oven 20 to 30 minutes.

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# ENTRÉES.

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## 139.—MUTTON CUTLETS.

### *Ingredients.*

|                                            |                   |
|--------------------------------------------|-------------------|
| Best end Neck Mutton.                      | Pepper.           |
| One Egg.                                   | Salt.             |
| Bread Crumbs.                              | Mixed Vegetables. |
| Quarter-pound Clarified Fat,<br>or Butter. | Mashed Potatoes.  |

Saw off the chine bone and about three inches of the end the ribs. Seven to nine cutlets form a dish, each cutlet should have a bone, beat them flat, trim away most of the fat, and leave half-inch of the bone at the end bare, dust over with pepper and salt, egg and bread crumb, and when the butter is hot, fry about four minutes on one side and three on the other, dish on a border of mashed potato with peas or mixed vegetables in the centre. Brown sauce may be poured round.

## 140.—HARICOT MUTTON.

### *Ingredients.*

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| Two pounds Middle Neck<br>Mutton. | One ounce Butter, or<br>Dripping. |
| Two Onions.                       | Tablespoonful Flour.              |
| Two Carrots.                      | Pepper and Salt to taste.         |
| One Turnip.                       | Few drops Essence Celery.         |

Cut the mutton in chops, fry brown on both sides in the butter or dripping, remove the meat, peel and slice the onion and fry brown; stir in the flour, when it is brown, add one pint of water or stock, stir until it thickens, put back the meat with the vegetables cut into dice, remove the scum as it rises, simmer gently one hour. Just before serving add the pepper, salt, and celery, arrange the meat in a circle on a dish, vegetables and gravy in the centre.

**141.—VEAL CUTLETS.***Ingredients.*

|                                     |                             |
|-------------------------------------|-----------------------------|
| Two pounds Fillet of -Veal.         | Quarter-teaspoonful Pepper. |
| Half-teaspoonful Salt.              | Quarter-teaspoonful Herbs.  |
| Grated peel half Lemon.             | One Egg.                    |
| Three-quarters pound streaky Bacon. | Quarter-pound Butter.       |
|                                     | Bread Crumbs.               |

Cut the veal into neat pieces, the bacon into thin slices, roll the bacon and grill it, mix the bread crumbs, pepper, salt, herbs, and lemon peel together, brush the cutlets over with a beaten egg, and cover with the mixture, fry a nice brown in the butter, arrange in a circle with the bacon piled in the centre. Serve with brown gravy or tomato sauce.

**142.—GRENADINES OF VEAL, LARDED AND BRAISED.***Ingredients.*

|                          |                  |
|--------------------------|------------------|
| Two pounds Veal Cutlet.  | Bunch Herbs.     |
| Quarter-pound Fat Bacon. | Half-pint Stock. |
| One Carrot.              | Mashed Potatoes. |
| One Onion.               | Peas.            |

Cut the veal into round or oval shapes, dip them in cold water, and beat them with a cutlet bat. Cut the bacon into shreds about  $1\frac{1}{2}$  inches in length, hold the veal in a clean cloth, put the bacon in a larding needle, and run through it in regular rows all over the top; cut up the vegetables and put with the bunch of herbs and stock in a stewpan, placing the veal round on the top, cover with buttered paper, bake half-hour, basting frequently. If not sufficiently brown place under the gas grill, or salamander, dish on mashed potato, shake a little flour into the gravy, boil up and strain round and over the Grenadines. Serve with green peas in the centre.

**143.—FILLETS OF BEEF**

may be cooked in the same way.

**144.—CURRIED RABBIT.***Ingredients.*

|                    |                              |
|--------------------|------------------------------|
| One Rabbit.        | One Apple.                   |
| Pint Stock.        | One ounce Flour.             |
| Half-gill Cream.   | Tablespoonful Curry Powder   |
| Two Onions.        | Half-teaspoonful Lemon Juice |
| Two ounces Butter. | Half-teaspoonful Salt.       |

Cut the rabbit in small pieces, wash, and wipe it dry, and fry brown in the butter. Remove the rabbit and fry the onion and apple. Stir in the curry powder and flour, add the stock, when it boils put back the rabbit and simmer gently from forty-five to sixty minutes, or until the rabbit is tender. Add the cream, lemon juice and salt, heap up in the centre of a dish and serve with a border of rice round.

**145.—BONED FOWL.**

Take a fowl with a white skin that has not been drawn, remove the head and neck, cut open down the middle of the back from head to tail, take a sharp pointed knife and remove the flesh, keeping the knife near the bone. Great care must be taken not to break the skin, remove the skeleton, draw the wings and legs inside and spread out flat, prepare as for Galantine of Fowl, or it may be filled to its original shape with sausage or veal force-meat; in this case it should be braised.

**146.—GALANTINE OF FOWL.***Ingredients.*

|                               |         |                               |
|-------------------------------|---------|-------------------------------|
| One Fowl.                     | Nutmeg. | Salt.                         |
| One pound Sausage Meat.       |         | Two hard-boiled Eggs.         |
| Half-pound Ham.               |         | One-and-a-half pints Stock.   |
| Half-ounce Pistachio Kernels. |         | Half-teaspoonful Liebig Co.'s |
| Pepper.                       |         | Extract, or little Glaze.     |

Bone a fowl as described. Season the fowl with pepper, salt, and nutmeg. Spread half the sausage meat on the fowl, cut the ham in long strips half-an-inch thick placing alternate strips of lean and fat with the hard-boiled eggs and pistachio kernels (blanched) between them, spread the

remainder of the sausage meat over this, roll the fowl up tight, place in a floured cloth, tie the ends securely. Place the stock in a saucepan, and simmer the fowl gently in it from one to one-and-a-half hours. When it is nearly cold tighten the cloth. Press between two dishes with heavy weights on top. Reduce the stock it was boiled in to a glaze; when cold, paint it over with the glaze. Dish it up on chopped aspic jelly.

#### 147.—JUGGED HARE.

##### *Ingredients.*

|                        |                           |
|------------------------|---------------------------|
| One Hare.              | Two quarts Stock.         |
| One Onion.             | Quarter-pint Port.        |
| Six Cloves.            | Tablespoonful Red Currant |
| Bunch Herbs.           | Jelly.                    |
| Quarter-pound Butter.  | Juice of half Lemon.      |
| Two ounces Corn Flour. | Teaspoonful Salt.         |

Wash and wipe the hare, cut it in small joints, and fry brown in the butter, add the stock, onion stuck with the cloves, bunch of herbs, simmer gently until the meat is tender, take the meat out on to a dish and keep hot, mix the corn flour with the wine, lemon juice, jelly, and seasoning, bring to the boil, pour over the hare; serve with force meat balls round the dish. Red currant jelly should always accompany it.

#### 148.—FORCE MEAT BALLS.

##### *Ingredients.*

|                           |                             |
|---------------------------|-----------------------------|
| Four tablespoonfuls Bread | Grated Peel of half Lemon.  |
| Crumbs.                   | Dust of Nutmeg.             |
| Dessertspoonful Parsley.  | Teaspoonful Salt.           |
| Quarter-teaspoonful mixed | Quarter-teaspoonful Pepper. |
| Herbs.                    | One Egg.                    |
| Two tablespoonfuls Suet.  |                             |

Chop the suet and parsley finely, mix with the bread crumbs, add the herbs and other seasoning, beat the egg well and mix with it, form into small balls, fry in smoking hot fat. Serve with jugged hare.



**149.—SAUTÉ CHICKEN.***Ingredients.*

Two Spring Chickens.  
Croûtons of Bread.  
Salt.  
Pepper.  
Two ounces Butter.

Half-pint Brown Stock.  
Tablespoonful Flour.  
Half-pound of Button  
Mushrooms, or eight  
small Tomatoes.

Cut the chickens in four pieces. Fry brown in the butter. Fry the mushrooms or tomatoes, remove them and add the flour, when this is brown add the stock, stir until it boils. Put back the fowl and simmer thirty to forty minutes. Dish in a circle, putting the mushrooms or tomatoes in the centre. Strain the gravy over the whole. Garnish with croûtons.

**150.—CHICKEN CREAM.***Ingredients.*

One Fowl (Raw).  
Dust of Nutmeg.  
Three Eggs.  
Gill Cream.  
Gill Milk.

One ounce Flour.  
One ounce Butter.  
Pepper.  
Salt.

Remove the meat from the fowl, pound in a mortar, and pass through a sieve. Melt the butter in a saucepan, add the flour, when mixed stir in the milk and cook after it boils, five minutes. Pound in a mortar with the fowl, add the eggs one at a time, and pass all through a sieve. Add seasoning to taste. Put in a greased mould and steam carefully thirty to forty minutes. Serve with bechamel sauce.

**151.—MINCED VEAL.***Ingredients.*

One pound cold Veal.  
Tablespoonful Ketchup, or  
six Mushrooms.  
Grated Peel of a Lemon.  
Dessertspoonful Flour.

Half-pint Veal Stock.  
Dust of Nutmeg.  
Quarter-teaspoonful Salt.  
Dust of Cayenne.  
Sippets of Toast.

Mince the veal finely, put in a stewpan with the stock, ketchup or mushrooms, lemon peel, flour, nutmeg, salt, cayenne, stir until it boils. Serve on a hot dish with the sippets of toast arranged in a circle.

### 152.—STEWED PIGEONS.

#### *Ingredients.*

|                    |                        |
|--------------------|------------------------|
| Three Pigeons.     | Pint Stock.            |
| Two ounces Butter. | Pepper.                |
| Small Carrot.      | Salt.                  |
| Half Turnip.       | One ounce Flour.       |
| Essence of Celery. | One dozen Button Mush- |
| Small Onion.       | rooms, or Olives.      |
| Bunch Herbs.       | Mashed Potatoes.       |

Cut the pigeons in half, truss them flat, fry brown in the butter, remove them and stir in the flour, mix well and add the stock; stir until it boils, put in vegetables, herbs, pigeons, and seasoning, simmer forty minutes, dish on mashed potatoes, strain the gravy over the pigeons with the mushrooms or olives, which should be stoned and made hot, in the centre.

### 153.—CHICKEN SALAD.

#### *Ingredients.*

|                           |                   |
|---------------------------|-------------------|
| Some pieces of Cold Fowl. | Bechamel Sauce.   |
| Mixed Salad.              | Mayonnaise Sauce. |

Trim the chicken in neat pieces, mask with bechamel sauce, in which a little gelatine or isinglassine has been dissolved, prepare the salad, and place a bed of it on a dish, pour over a little mayonnaise sauce, arrange the chicken with salad between, piling it up in the centre, put over this the remainder of the mayonnaise sauce; the dish may be decorated with aspic jelly; some beetroot, cucumber, endive, etc., should be prettily arranged among the salad.

### 154.—EPIGRAMMES.

#### *Ingredients.*

|                          |                            |
|--------------------------|----------------------------|
| The Rib part from Mutton | One Egg.                   |
| Cutlets.                 | Some Bread Crumbs.         |
| Frying Fat.              | Peas, or Mixed Vegetables. |
| Mashed Potatoes.         | Tomato Sauce.              |

Remove some of the fat from the mutton, boil until the bones can be pulled out, press between two dishes, cut in squares, brush over with beaten egg, cover with bread crumbs. To ensure them frying a nice brown they should be egged and bread-crumbed twice. Fry in smoking hot fat about four minutes, dish on a border of mashed potato, pour tomato sauce round, put peas or other vegetables in the centre.

### 155.—FRIED SWEETBREADS.

#### *Ingredients.*

|                         |               |
|-------------------------|---------------|
| Six Lambs' Sweetbreads. | Bread Crumbs. |
| Two Eggs.               | Green Peas.   |
| Mashed Potatoes.        |               |

Soak the sweetbreads for three hours, put them in boiling stock or water, and simmer thirty to forty minutes, trim them, brush over with beaten egg, cover with bread crumbs, fry in boiling fat four or five minutes. Dish in a circle on the mashed potato, put the peas in the centre, pour round the sauce, made as follows:—

### 156.—SAUCE FOR SWEETBREADS.

#### *Ingredients.*

|                   |                        |
|-------------------|------------------------|
| One ounce Butter. | Half-gill Marsala.     |
| Half-ounce Flour. | Few drops Lemon Juice. |
| Half-pint Stock.  | Pepper and Salt.       |

Melt the butter in a saucepan, mix the flour, pour in the stock, and stir until it boils, cook three or four minutes, add the wine, lemon juice, pepper and salt, and pour round the sweetbreads.

### 157.—CASSOLETTES OF RICE WITH LARKS.

#### *Ingredients.*

|                            |                            |
|----------------------------|----------------------------|
| Half-pint Rice.            | Bread Crumbs.              |
| Three-quarters pint Stock. | One Shalot.                |
| Two ounces Butter.         | Half-teaspoonful of Liebig |
| Dessertspoonful Flour.     | Co.'s Extract.             |
| Half-teaspoonful of Salt.  | Larks.                     |
| Liver Farcé.               | Two Eggs.                  |
| Twelve Mushrooms.          | Half-teaspoonful Migno-    |
| Gill of Sherry.            | nette Pepper.              |
| Frying Fat.                |                            |

Well wash the rice, put in a saucepan with half-a-pint stock, salt, and boil half-an-hour, when quite soft, pack it smoothly in a Yorkshire pudding tin two inches deep, cut out cases with a round cutter, beat up the egg, egg and bread-crumbs twice over, fry a light brown in smoking hot fat, cut a piece out of the middle, scooping out all the rice, leaving the case entire, pluck, singe, and bone the larks, fill them with the liver farcé, melt the butter in a stewpan, add the mignonette pepper, mushrooms and shallot cut small, fry the larks in this until brown, stir in the flour, stock, and sherry, add Liebig, or glaze size of walnut, reduce until it just covers the birds, place one bird in each cassolette, filling it up with the gravy (strained). Dish on a napkin.

### 158.—CASSOLETTES OF BUTTER.

#### *Ingredients.*

One pound Butter.  
Two Eggs.  
Bread Crumbs.

Chicken Mixture.  
Fat for Frying.

Press the butter one-and-a-half inches thick, dip a cutter in boiling water, and cut out cakes, egg and bread crumb three times over; mark the centre with a cutter two sizes smaller, and fry a pale brown in hot fat, remove the lids and pour out the butter, fill with chicken mixture (see Minced Chicken, page 53). Garnish with fried parsley; serve on a napkin.

### 159.—FILLETS OF BEEF WITH TOMATOES.

#### *Ingredients.*

One-and-a-half pounds Fillet  
of Beef.  
Two Mushrooms.  
One Shallot.  
Pepper.  
Salt.

Mashed Potato.  
Two ounces Butter.  
Four Tomatoes.  
Two ounces Glaze.  
One teaspoonful Flour.  
Essence Celery.

Cut the fillets of beef half-inch thick, and fry in the butter, dip each fillet in melted glaze, chop up the mush-

rooms and shallot, and fry five minutes ; add the flour, the remainder of the glaze, and half-gill of water, boil up, season with pepper, salt, few drops of essence of celery, dish the fillets and slices of tomato alternately in a circle on the mashed potato, pouring the gravy round, place in the oven to warm the tomatoes, which do not require cooking.

### 160.—CHICKEN PATTIES.

#### *Ingredients.*

Puff Pastry.  
Rice.

| Chicken Mixture.

Line some small moulds with puff pastry, fill the centre with rice to keep them in shape ; when nicely baked, turn out the rice and fill with chicken mixture, as Minced Chicken. Serve hot or cold.

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# MEATS.

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## 161.—STEWED RABBIT.

### *Ingredients.*

|                            |                      |
|----------------------------|----------------------|
| One Rabbit.                | Essence of Celery.   |
| Two ounces Flour,          | One large Onion.     |
| Quarter-pound Bacon.       | Tablespoonful Sauce. |
| One-and-a-half pint Stock, | One Carrot.          |
| Water.                     |                      |

Slice and fry the bacon in a stewpan, place it on a dish to keep warm, wash and dry the rabbit, cut it in small joints and fry in the bacon fat, fry also the onions, cut in slices, stir in the flour, add the stock and sauce, the carrot, cut in pieces, stew one hour or until tender, skim off all fat, add pepper, salt, and essence of celery to taste, dish up with the bacon round the dish. A few mushrooms would be improvement.

## 162.—BOILED RABBIT AND ONION SAUCE.

Wash the rabbit, truss it into shape, place in boiling water, or a steamer. If boiled, simmer gently three-quarters to one hour, according to size and age. If steamed allow quarter-hour longer, serve with pickled pork, or bacon, and onion sauce. The bacon and pork take about the same time to cook.

## 163.—IRISH STEW.

### *Ingredients.*

|                             |                    |
|-----------------------------|--------------------|
| One pound Neck Mutton.      | Half-pound Onions, |
| Quarter-teaspoonful Pepper. | Teaspoonful Salt.  |
| Two pounds Potatoes.        | Pepper.            |
| Cold Water.                 |                    |

Cut the meat into chops, put in a saucepan with cold water to cover it, bring gently to the boil, remove all scum, add half the pepper and salt, and the onions peeled and sliced, the potatoes peeled and cut in thick slices, shake in the remainder of seasoning, simmer very gently, until the potatoes are soft, but do not stir. Serve on a dish, meat in the centre, potatoes round.



**164.—STEWED STEAK.***Ingredients.*

|                   |                    |
|-------------------|--------------------|
| One pound Steak.  | Two Turnips.       |
| One ounce Flour.  | Pepper.            |
| One ounce Butter. | One Onion.         |
| Two Carrots.      | Salt.              |
| Half-pint Stock.  | Essence of Celery. |

Remove the fat from the steak, melt the butter in a stew-pan, fry the steak and onions brown in it, remove the steak and add the flour, stir in the stock, when it simmers return the steak. Shred the carrot and turnip (boiling these in separate saucepans), the trimmings may be put with the steak to flavour it. Simmer one hour, place on a dish, garnished with carrot and turnip, strain the gravy round it. The fat must be cut in pieces and grilled or browned in the oven. This may be served on top of the steak.

**165 and 166.—GRILLED STEAK OR CHOP.***Ingredients.*

|                          |                             |
|--------------------------|-----------------------------|
| One pound Steak.         | Teaspoonful Chopped Parsley |
| Half-ounce Butter, and a | Pepper.                     |
| little Salad Oil.        | Salt.                       |

Make the grid hot, and rub it over with fat, butter, or oil, place the steak upon it and put in the front of a red hot fire, or under the gas grill, cook about five minutes on one side, turn, but do not use a fork, and cook about the same time on the other side; the time must be regulated by the thickness of the steak, serve on a hot dish, mix the parsley, butter, pepper, and salt together, distributing small lumps over the steak, which will gradually melt and cover it.

**167.—HEART STUFFED AND BAKED.***Ingredients.*

|                                                |                                     |
|------------------------------------------------|-------------------------------------|
| One Ox Heart, two Calves',<br>or four Sheep's. | Two tablespoonfuls Chopped Parsley. |
| Flour.                                         | One teaspoonful Salt.               |
| Eight tablespoonfuls Bread<br>Crumbs.          | Half-teaspoonful Pepper.            |
| Four tablespoonfuls Suet<br>(chopped).         | Two Eggs, or one gill Milk.         |
| One teaspoonful Mixed Herbs                    | Quarter-pound Dripping.             |
|                                                | Grated Peel of Lemon.               |

Soak the heart in warm salted water and well clean it, mix all the dry ingredients well together, moisten with the eggs or milk, well dry the heart and stuff it with the mixture, tie a piece of buttered paper over the top, place in a baking tin with the dripping, bake a bullock's heart two hours, calf's heart one, sheep's half-an-hour, basting frequently; place on a dish and keep warm, pour off all the fat, stir a dessertspoonful of flour into the pan with the gravy, add gill water, pepper, and salt to taste, strain round the heart. This should be served very hot.

### 168.—STEWED KNUCKLE OF VEAL.

#### *Ingredients.*

|                    |                                    |
|--------------------|------------------------------------|
| Knuckle of Veal.   | Dessertspoonful Salt.              |
| Three pints Water. | Half-teaspoonful Pepper.           |
| One ounce Flour.   | One tablespoonful Chopped Parsley. |
| Three ounces Rice. | One ounce Butter.                  |
| Two Onions.        |                                    |

Wipe the veal, put in the saucepan with the cold water, bring it to the boil, skim, simmer one hour and a-half, cut up the onions, add these with the rice, salt, pepper, then simmer half-an-hour, take out half-pint of the boilings, melt the butter in a saucepan, stir in the flour, add the boilings taken out of the saucepan, stir until it boils, cook five minutes, add the parsley, place the meat in the centre of a dish, pour the sauce over it, and serve the rice and gravy round. If piquante sauce is preferred add to it the juice of one lemon.

### 169.—CALF'S HEAD.

#### *Ingredients.*

|                   |                              |
|-------------------|------------------------------|
| Half Calf's Head. | Two ounces Butter.           |
| Salt.             | One-and-a-half ounces Flour. |
| Pepper.           | Parsley.                     |
| Lemon Juice.      |                              |

Thoroughly cleanse, removing the brains, rub over with lemon juice, put it into water when on the point of boiling, let it boil, remove the scum as it rises, simmer gently from two to three hours, according to size; wash the brains in salt and water, until all the fibre and blood are removed, boil

in salt and water, with a little lemon juice or white wine vinegar, fifteen minutes, remove the scum as it rises, chop them finely, melt the butter in a saucepan, stir in the flour, add half-pint liquor from calf's head, stir until it boils, add the brains, parsley finely chopped, teaspoonful lemon juice, salt, pepper. take the tongue out, and skin it, put the calf's head cheek uppermost, garnish with the tongue, pour the sauce over, or serve in sauce boat. Slices of lemon should be placed round the dish; boiled bacon, or pickled pork should accompany it.

### 170.—BOILED SHEEP'S HEAD.

#### *Ingredients.*

|                             |  |                             |
|-----------------------------|--|-----------------------------|
| Sheep's Head.               |  | Salt.                       |
| Half-ounce Butter, or Drip- |  | Pepper.                     |
| ping.                       |  | One Onion.                  |
| Two Carrots.                |  | Two ounces Rice.            |
| One ounce Flour.            |  | Bunch Herbs.                |
| Two Turnips.                |  | Teaspoonful Chopped Parsley |

Soak the head in salt and water, well wash it, remove the brains, cut away all the nostril, hair, &c., place in a saucepan, in enough water to cover it, simmer for two hours, remove the scum as it rises; after the first hour, add the vegetables cut in quarters, the herbs, rice, pepper, and salt; twenty minutes before it is cooked put in the brains tied in muslin. For sauce, melt the butter or dripping in a saucepan, stir in the flour, and add half-pint liquor from the saucepan, well mix and boil, chop up the brains and put in, also the parsley, pepper, and salt to taste, take out the tongue, skin it, place the head on a dish, garnish with the tongue and vegetables, pouring the sauce over. The boilings, with the addition of scrag end of mutton, make good broth.

### 171.—FRIED TRIPE AND CAPER SAUCE.

#### *Ingredients.*

|                  |  |                 |
|------------------|--|-----------------|
| One pound Tripe. |  | Caper Sauce.    |
| Frying Batter.   |  | Fat for Frying. |

Boil the tripe until it is tender, allow it to get cold, then cut in pieces, dip each piece in batter (see Savoury Haddock), drop in smoking hot fat until pale brown, drain on paper. Serve on a napkin, with caper sauce in a tureen.

### 172.—BEEF À LA MODE.

#### *Ingredients.*

|                       |                  |
|-----------------------|------------------|
| Four pounds Ox Cheek. | Two Onions.      |
| One Calf's Foot.      | Clove of Garlic. |
| Two ounces Dripping.  | Bunch Herbs.     |
| Two ounces Flour.     | Pepper and Salt. |
| Three Carrots.        | Cold Water.      |

Wash the ox cheek in salt water, blanch the calf's foot, put the cheek and foot in a saucepan, and boil two hours, removing the scum as it rises, take out of the saucepan and cut in pieces, peel and slice the vegetables and fry in the dripping; when brown stir in the flour, well mix and add the pieces of meat and the stock the meat was boiled in; boil until the meat and vegetables are tender, remove the bunch of herbs, add pepper and salt to taste. Serve very hot.

### 173.—COLD À LA MODE BEEF.

Prepare as above, and pour into a mould and allow to get cold, then turn out and garnish with parsley.

### 174.—BRAWN.

#### *Ingredients.*

|                          |                        |
|--------------------------|------------------------|
| One Pig's Head.          | Half-teaspoonful Mixed |
| Pickle.                  | Spice.                 |
| Teaspoonful Peppercorns. | Half Turnip.           |
| Blade of Mace.           | One Carrot.            |
| One Onion.               | Bunch Herbs.           |

Wash the head in salted water, carefully removing the veins, nostril, and brains; put in pickle for four days (see "To Salt Beef"), wash off the pickle, and put in a saucepan with the vegetables, herbs, and spices, and enough cold water to cover. Boil until the meat is tender; take out the tongue and skin, cut into fancy shapes and decorate a plain cake tin with it; cut the head into small pieces, put the

bones back into the saucepan, and boil until reduced to one quart; strain into another saucepan; put in the pieces of head and re-boil, carefully removing the fat as it rises. Pour into the cake tin, which may also be decorated with hard-boiled eggs, without disturbing the pieces of tongue. Turn out when cold, and garnish with parsley.

### 175.—LIVER AND BACON.

#### *Ingredients.*

|                      |                            |
|----------------------|----------------------------|
| One pound Liver.     | Pepper.                    |
| Half-pound Bacon.    | Salt.                      |
| Tablespoonful Flour. | Gill Cold Water, or Stock. |

Wash the liver and cut in slices, dip it in the flour, slice the bacon and fry in a pan, browning first on one side then the other; there should be enough fat to cook the liver, this will take five minutes on each side, arrange alternately with the bacon on a hot dish; put the remains of the flour into a basin with the pepper, salt; mix into a smooth paste with the water or stock, pour into the frying-pan; stir until it boils and thickens; pour over the whole.

### 176.—TRIPE AND ONIONS.

#### *Ingredients.*

|                        |                   |
|------------------------|-------------------|
| One pound Thick Tripe. | Half-ounce Flour. |
| Half-pound Onions.     | Pepper.           |
| Half-pint Milk.        | Salt.             |

Cut the tripe in pieces and boil until tender, cut the onions in pieces and add to this, boil ten minutes, strain off the water and put in the milk mixed with the flour, salt and pepper; boil ten minutes, until the onions are soft, stirring all the time. Serve very hot in a deep dish.

### 177.—GÂTEAU OF VEAL.

#### *Ingredients.*

|                            |                             |
|----------------------------|-----------------------------|
| Two pounds Fillet of Veal. | Glaze, size of walnut.      |
| Half-pint Stock.           | Quarter-teaspoonful Pepper. |
| Half-teaspoonful Salt.     | Grated Peel of Lemon.       |
| Two Eggs.                  | Teaspoonful Chopped         |
| Half-pound Ham.            | Parsley.                    |

Cut the veal and ham into small squares, decorate a mould with the eggs boiled hard, and cut in fancy shapes, lay in the veal and ham, distributing among it the parsley, lemon peel, pepper, salt, and remains of eggs; dissolve the glaze in the stock, pour this into the mould, tie over buttered paper, bake very slowly four hours; when cold, turn out of the mould.

### 178.—MOCK GOOSE.

#### *Ingredients.*

|                      |                          |
|----------------------|--------------------------|
| One pound Pig's Fry. | Pepper.                  |
| Two pounds Potatoes. | Salt.                    |
| Two Onions.          | Two tablespoonfuls Brown |
| Six Sage Leaves.     | Bread Crumbs.            |
| Gill Cold Water.     |                          |

Peel and wash the potatoes, put them in cold water; bring gently to the boil and cook ten minutes; strain off the water and cut them in slices, chop the onions finely, powder the sage, cut the fry in slices and place half of it in bottom of a pie dish, sprinkle over half the onion, sage, pepper and salt, and cover with half the potatoes; repeat this with the remainder, pour in the water, cover with the pig's caul or greased paper; bake in a moderate oven two hours, before serving sprinkle over it the brown bread crumbs.

### 179.—MOCK DUCK.

#### *Ingredients.*

|                      |                  |
|----------------------|------------------|
| One Shoulder Mutton. | One Onion.       |
| Half Turnip.         | Bunch Herbs.     |
| Onion Stuffing.      | Half-pint Stock, |
| One Carrot.          |                  |

Bone the shoulder of mutton, place the stuffing in the cavity, sew it up and truss in the shape of a duck, making the knuckle stand up to represent the head; put the vegetables (sliced), the herbs, and stock in a baking tin, stand the meat on the vegetables, cook from one-and-a-half to two hours, according to size, basting frequently. Put the meat on a hot dish and strain the gravy around it.

### 180 and 181.—MOCK TURKEY OR FOWL.

Proceed in the same way as for Mock Duck, substituting Veal Stuffing for the onion stuffing,

## POULTRY AND GAME.

### 182.—ROAST FOWL.

Pluck, draw, singe, and truss, with the legs and wings close to the body. The legs should be scalded and left on; roast from thirty to sixty minutes, according to size, basting frequently. Serve with bread sauce.

### 183 and 184.—BOILED FOWL.

Pluck, draw, singe, and truss, with the legs pushed up inside the skin, the wings skewered tightly to the sides, rub over with lemon juice to whiten the meat, tie up in a buttered paper, boil in stock or water from thirty to sixty minutes. Serve with white or egg sauce. Steaming is a much better and more economical way.

### 185.—ROAST DUCK.

#### *Ingredients.*

|                          |                          |
|--------------------------|--------------------------|
| One Duck.                | Dessertspoonful Powdered |
| Half-pound Onions.       | Sage.                    |
| Two tablespoonfuls Bread | Pepper.                  |
| Crumbs.                  | Salt.                    |
|                          | One ounce Butter.        |

Pluck, draw, singe, and truss; scald the onions, by placing them in boiling water five minutes, chop finely, mix with bread crumbs, sage, butter, pepper and salt, place inside the duck, skewer it up. Roast from forty-five to sixty minutes. Serve with apple sauce and gravy, same as roast goose.

### 186.—ROAST GOOSE.

#### *Ingredients.*

Same as Roast Duck, but double each quantity.

Prepare in the same way, allowing from one-and-a-half to two-and-a-half hours to cook, according to size. Serve with apple sauce and gravy.



**187.—GRAVY FOR ROAST GOOSE.***Ingredients.*

|                         |                          |
|-------------------------|--------------------------|
| Giblets from the Goose. | One ounce of Flour.      |
| One Apple.              | Teaspoonful Peppercorns. |
| One Onion.              | Half-teaspoonful Salt.   |
| Two Sage Leaves.        | One quart Stock.         |

Thoroughly cleanse the giblets, and stew them with the onion, apple, sage, peppercorns, and stock for three or four hours; strain, mix the flour and salt in a little cold water, or one glass port wine. Pour into the gravy, boil up and serve.

**188.—ROAST TURKEY.***Ingredients.*

|                            |                  |
|----------------------------|------------------|
| One Turkey.                | One ounce Flour. |
| Veal Stuffing (see below). | Quart Stock.     |
| One Onion.                 | Pepper and Salt. |

Pluck, singe, draw, and truss the turkey as roast fowl, fill the crop with veal stuffing, and fasten securely, roast one-and-a-half to two-and-a-half hours, basting frequently. Serve with bread sauce and gravy, made as for roast goose, omitting the apple, sage, and port.

**189.—BOILED TURKEY.**

Prepare same as boiled fowl, serve with oyster, celery, chestnut, or Dutch sauce, garnish with slices of tongue and ham, or with sliced lemon, and bunches of parsley, boil or steam one to one-and-a-half hours, according to size.

**190.—ROAST HARE.**

Skin and wipe the hare, stuff the body with veal stuffing, sew up and truss, roast one to two hours, basting very frequently.

**191.—VEAL STUFFING.***Ingredients.*

|                                        |                                 |
|----------------------------------------|---------------------------------|
| Eight tablespoonfuls Bread<br>Crumbs.  | One teaspoonful Mixed<br>Herbs. |
| Four tablespoonfuls Suet.              | One teaspoonful Salt.           |
| Two tablespoonfuls Chopped<br>Parsley. | Half teaspoonful Pepper.        |
|                                        | Two Eggs.                       |
|                                        | Grated Peel of Lemon.           |

Chop the suet and parsley, mix all the dry ingredients together, moisten with the eggs beaten.

### 192.—ROAST HARE GRAVY.

#### *Ingredients.*

|                             |                           |
|-----------------------------|---------------------------|
| Half-pound Gravy Beef.      | Teaspoonful Peppercorns.  |
| One-and-a-half-pints Water. | Salt.                     |
| Small Onion.                | Few drops Essence Celery. |
| Glass Port or Marsala.      | One ounce Flour.          |

Simmer the beef, peppercorns, and onion in the water for three or four hours, strain, mix the flour with the wine, salt, and celery essence, pour into the gravy, boil up, pour some round the hare, the rest in a sauce bowl.

### 193.—ROAST RABBIT.

Prepare as for Roast Hare.

### 194.—ROAST RABBIT (No. 2).

Stuff with onion stuffing (see Roast Duck).

### 195.—WILD DUCK (ROAST).

Pluck, draw, and wipe out the inside, scald the feet, turn over the back, roast quickly for five minutes, then reduce the heat, basting plentifully with butter. Just before serving dredge over with flour, cook for half-an-hour, as wild duck should be under rather than over cooked.

### 196.—GRAVY FOR WILD DUCK.

#### *Ingredients.*

|                      |                          |
|----------------------|--------------------------|
| Giblets.             | Blade Mace.              |
| Pint Stock.          | Teaspoonful Peppercorns. |
| Juice of Half Lemon. | Salt.                    |
| Small Onion.         | Glass Port.              |
| Bunch of Herbs.      |                          |

Clean the giblets, put in a saucepan with the stock, onions, herbs, spices, simmer gently two hours, strain when reduced to quarter-pint, add the salt, lemon juice, and port.

**197.—GUINEA FOWL (ROAST).**

Pluck, draw, singe, truss as fowl, fill the crop with veal stuffing, fasten securely, lard the breast with large lardoons (see Grenadines of Veal), baste frequently. Just before serving dredge over a little flour and froth it up. Serve with brown gravy and bread sauce. Roast about one hour.

**198.—PHEASANTS.**

Pluck, draw, singe, and wipe with a dry cloth, truss firmly, leaving the legs on, tie slices of fat bacon over the breast. Just before serving remove the bacon, dust over with flour and baste liberally with butter, garnish with watercress. Serve with good brown gravy, bread sauce, and fried crumbs, sticking in three or four of the best tail feathers. Cook about forty-five minutes.

**199.—PARTRIDGES.**

Cook as Pheasant, allowing half the time.

**200.—GROUSE.**

Should be well hung. Pluck, draw, and wipe, truss as a fowl, put two ounces butter inside each one, baste frequently; ten minutes before serving place a piece of toast under it. Serve on the toast with bread sauce and brown gravy. Roast thirty minutes.

**201.—QUAIL.**

Prepare as Grouse. Cook fifteen to twenty minutes.

**202.—SNIPE.**

Pluck, singe, and truss, but do not draw them, put a slice of toasted bread under each bird to catch the trail, baste plentifully with butter, or tie a thin slice of fat bacon over it, which take off five minutes before they are cooked, then dust over with flour. Serve on the toast, garnish with slices of lemon. Send melted butter or brown gravy to table in a tureen. Roast fifteen to twenty minutes.

**203.—WOODCOCK.**

Prepare as for Snipe, cooking twenty to twenty-five minutes.

**204.—PLOVER.**

As for Woodcock, serving them with a rich gravy. Cook twenty to twenty-five minutes.

**205.—PTARMIGAN (OR WHITE GROUSE).**

Cook and serve as for Grouse, or with the trail as Woodcock, Snipe, and Plover.

**206.—PTARMIGAN STEWED.***Ingredients.*

Two Ptarmigan.  
Two ounces Suet.  
Yolks of two Hard-boiled  
Eggs.  
Pepper.  
Salt.  
Half-pint good Gravy.

Half-gill Marsala.  
Juice of Half Lemon.  
Bunch Herbs.  
Tablespoonful Ketchup.  
Half-ounce Flour.  
One ounce Butter.

Pluck and draw, chop the suet, yolks of eggs, and trail, season highly with pepper and salt, put this mixture inside the birds, and truss as for roasting, put the gravy in a saucepan, with the birds, wine, lemon juice, herbs, and ketchup; stew gently half-an-hour, basting frequently, place on a dish, melt the butter in another stew-pan, stir in the flour, and strain into it the gravy from the birds; when boiling pour round the birds. This may be garnished with quarters of hard-boiled eggs.

**207.—PIGEONS ROAST.***Ingredients.*

Two Pigeons.  
Three ounces Bread Crumbs.  
Half-teaspoonful Parsley.  
Pepper.  
Grated Peel of Lemon.

Two ounces Suet, or Butter.  
Dust of Nutmeg.  
One Egg.  
Salt.  
Strips of Fat Bacon.

Pluck, singe, and draw, chop the livers, suet, parsley, mix with the bread crumbs, lemon peel, nutmeg, pepper, salt, and bind it with the egg, stuff the pigeons with this mixture, truss firmly, leaving the feet on, which should be scalded, tie a piece of fat bacon over the breast, roast twenty-five to thirty minutes; five minutes before serving remove the bacon, dust over with flour, baste plentifully with butter. Serve with brown gravy and bread sauce; they may be garnished with watercress, or slices of lemon.

### **208.—PIGEONS (BRAISED).**

Prepare and stuff as for Roast Pigeons, without the bacon, cut up one small carrot, turnip, and onion, put in a stewpan with half-pint good stock, half-gill Marsala, and bunch of herbs, lay the birds on this, cover over, and place in the oven thirty minutes, basting frequently, then put the birds in a hot oven, or under gas grill to brown, boil the gravy down, until there is about one gill, pour this over and round the birds.

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# VEGETABLES.

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## 209.—POTATOES.

Peel the potatoes very thinly, old potatoes are put in cold water, allowing a teaspoonful of salt to quart of water, bring gently to the boil, when nearly cooked pour off the water, cover with a cloth to absorb the steam; finish cooking in this way.

## NEW POTATOES.

should be scraped and put in boiling water, with a little mint and salt, and cooked in the same way as old.

## 210.—TO STEAM POTATOES.

Place the potatoes in a steamer over boiling water, sprinkling salt over them, they will take a little longer in cooking than boiling, but it is the best, simplest, and most economical.

## 211.—BAKED POTATOES.

Choose potatoes of one size, scrub, wash, and wipe them, bake in a moderate oven from half, to one hour

## 212.—MASHED POTATOES.

### *Ingredients.*

|                              |  |                            |
|------------------------------|--|----------------------------|
| One pound Potatoes.          |  | One tablespoonful Cream or |
| One ounce Butter or Dripping |  | Milk.                      |
| Salt.                        |  | Pepper.                    |

Take one pound floury potatoes, pass them through a wire sieve, or mash with a fork, mix with the butter, cream and seasoning; make quite hot, heap up in a vegetable dish, smooth over with a knife.

## 213.—MASHED POTATOES (NO. 2).

Form the mashed potatoes into balls, brush over with beaten egg, place in a greased baking tin, and bake a nice brown.

**214.—SAUTE POTATOES.***Ingredients.*

|                         |   |         |
|-------------------------|---|---------|
| One pound New Potatoes. | } | Salt.   |
| Two ounces Butter.      |   | Pepper. |

Scrape and wash the potatoes, cut them in oval pieces lengthways, about the size of one's little finger, put in cold water, bring gently to the boil, remove and dry on a clean cloth, brown the butter in a stewpan, toss the potatoes into it; when brown on all sides, take out and drain on kitchen paper, dust over with salt and pepper.

**215.—POTATO RIBBONS.**

Peel and wash the potatoes, cut them in thick slices, peel each slice very thinly round and round in as long ribbons as possible, tie up in knots, fry in smoking hot fat about five minutes, drain on kitchen paper, dust with pepper and salt. Serve very hot.

**216.—POTATO CHIPS.**

Proceed as for Ribbons, cutting the potato in very thin slices, and fry in same manner.

**217.—POTATO CROQUETTE.***Ingredients.*

|                              |   |                     |
|------------------------------|---|---------------------|
| One pound Potatoes.          | } | Bread Crumbs.       |
| Two ounces Butter.           |   | Frying Fat.         |
| Two Eggs.                    |   | Teaspoonful Chopped |
| Tablespoonful Milk or Cream. |   | Parsley.            |

Boil the potatoes and mash them, or better, pass them through a sieve; if the potatoes are cold, melt the butter, stir in and well mix, add one egg, salt, pepper, parsley, and cream, mix thoroughly together, form into the shape of a potato, beat up the other egg, egg and bread crumb twice, fry in very hot fat three or four minutes; drain on kitchen paper, garnish with fried parsley.

**218.—CABBAGE, OR GREENS.**

Remove the outer leaves, well wash and soak in salt and water to draw out the insects, put in plenty of boiling



water, allowing a tablespoonful of salt to every two quarts of water ; if the water is very hard a piece of washing soda, size of a haricot bean, or half saltspoonful of carbonate of soda, boil quickly with the lid off until the stalks are tender. Strain in a colander, pressing well to remove the water.

### **219.—BRUSSELS SPROUTS.**

Cook as above, but after the water is drained put back in the saucepan with a little butter and salt ; shake over the fire, but do not break them.

### **220.—CAULIFLOWER.**

Soak in salt and water, trim off some of the outside leaves, put in a saucepan of water, flower downwards, cook gently, until a skewer will pass through the stalk, drain in a colander, cut off a little more stalk, leaving just sufficient to hold the flower together. Serve with white sauce or melted butter poured over it.

### **221.—CAULIFLOWER AU GRATIN.**

Boil as for cauliflower, mix one ounce grated cheese with the white sauce, pour this over the cauliflower, sprinkle one ounce of cheese over the top, place in the oven, or under the gas grill, or salamander to brown. Serve in the dish it was cooked in.

### **222.—GREEN PEAS.**

These should be freshly shelled, washed in cold water and salt ; put them in plenty of boiling water with a piece of mint and lump of sugar, boil very gently until tender, strain through a colander, return to the saucepan with a small piece of butter, dust of castor sugar, pepper and salt, toss until well mixed.

### **223.—FRENCH BEANS.**

Well wash, cut the strings on each side and slice finely, put in plenty of boiling water with a dessertspoonful of salt, and a small lump of sugar to a quart of water. Boil quickly until tender, drain in a colander, return to the saucepan with a dust of pepper, salt, and piece of butter, toss until the butter is melted. Serve in a vegetable dish with a drainer.

**224.—BROAD BEANS.**

These should be fresh shelled and the eyes green, put them in boiling water with salt, and boil very gently twenty to thirty minutes, being careful that the skins are not broken, strain off the water, return to the saucepan with a little butter, pepper, and salt, shake over the fire until the butter is melted. A teaspoonful of finely chopped parsley is sometimes added.

**225.—HARICOT BEANS.**

Soak in cold water 12 hours, put in boiling water, simmer very gently two or three hours until quite tender, strain, return to the saucepan with a little butter, pepper, and salt, toss them, being careful not to break the skins. A better way is to steam them, the skins do not crack.

**226.—ASPARAGUS.**

Scrape the stalks, tie in bundles of about one dozen, heads one way, put into boiling water with a little salt. Boil gently 15 to 20 minutes until tender, being careful not to break off the heads; drain on a sieve. Serve on a piece of toast with white sauce poured over the heads, or serve separately.

**227.—JERUSALEM ARTICHOKEs.**

Peel and wash the artichokes, put them in boiling water with salt, and boil from 20 to 30 minutes according to size; they should be served immediately they are cooked, with melted butter or white sauce.

**228.—CARROTS**

should be scraped, not peeled; well wash, put in boiling water and salt. Boil from 20 minutes to an hour according to their age and size. If to be served with boiled meat they may be cooked with it.

**229.—YOUNG CARROTS**

are cooked in boiling stock, just enough to cover them. When tender remove, and keep hot; reduce the stock to half a gill and pour over them in the dish.

**230.—TURNIPS.**

Follow directions for Carrots, boiling less time.

**231.—MASHED TURNIPS.**

Boil quite soft and strain, pass through a wire sieve or beat up with a fork, add a piece of butter, pepper and salt, put in a clean saucepan, and make thoroughly hot before serving.

**232.—PARSNIPS.**

Peel very thinly, put in boiling water and salt, boil from three-quarters to one hour according to size. They may be served plain or mashed like turnips.

**233.—ONIONS.**

Prepare as for Parsnips.

**234.—STEWED ONIONS.***Ingredients.*

One pound Onions.  
Half-pint Stock.  
One ounce Butter.

Half-ounce Flour.  
Salt.  
Pepper.

Peel the onions, cook them in the butter for ten minutes, take out of the saucepan and stir in the flour, add the stock, pepper, and salt, stir until it boils, put back the onions, simmer very gently until tender, stirring frequently to prevent burning.

**235.—STEWED ONIONS, WITH WHITE SAUCE.**

Take one pound plain boiled onions, make half-pint white sauce, boil the onions for five minutes in the sauce, and serve.

**236.—BOILED RICE.**

Wash in plenty of cold water, put in boiling water and salt, boil quickly twelve to fifteen minutes, fill the saucepan with cold water, strain through a colander, put back in the saucepan, shake over the fire for a few minutes to dry and heat. Patna rice is the best to serve with curry. Rice may also be steamed.

**237.—STEWED CELERY.***Ingredients.*

|                   |                 |
|-------------------|-----------------|
| Two heads Celery. | Salt.           |
| One ounce Butter. | Pepper.         |
| Half-ounce Flour. | Stock, or Milk. |

Well wash and clean the celery; put it in a saucepan with just enough stock, or milk to cover it. Stew until tender, from twenty to forty minutes, melt the butter in another saucepan, stir in the flour, add the stock, or milk the celery was boiled in. Stir until it thickens, cook five minutes, add pepper and salt, pour over the celery and serve.

**238.—VEGETABLE GOOSE.***Ingredients.*

|                                      |                             |
|--------------------------------------|-----------------------------|
| One Vegetable Marrow.                | Two large Onions.           |
| Four tablespoonfuls Bread<br>Crumbs. | Half-teaspoonful Salt.      |
| Two ounces Butter.                   | Tablespoonful Milk.         |
| Dessertspoonful Sage.                | Quarter-teaspoonful Pepper. |

Peel the marrow, cut a piece off one end, remove the seeds without breaking the marrow, blanch the onion and marrow by plunging them in boiling water for five minutes, mix the bread crumbs, onion, finely-chopped sage, pepper, salt, and milk together, stuff the marrow with it, grease a tin and bake thirty to forty minutes, basting frequently with the butter. A skewer may be easily passed through it when cooked.

**239.—MOCK VEAL.***Ingredients.*

|                                      |                                  |
|--------------------------------------|----------------------------------|
| One Marrow.                          | Half-teaspoonful Mixed<br>Herbs. |
| Four tablespoonfuls Bread<br>Crumbs. | Tablespoonful Milk.              |
| Three ounces Butter.                 | One Egg.                         |
| Dessertspoonful Parsley.             | Half-teaspoonful Salt.           |
|                                      | Quarter-teaspoonful Pepper.      |

Prepare the marrow as for Vegetable Goose, mix the bread crumbs, one ounce of the butter, parsley, herbs, milk, pepper,

and salt together, and stuff the marrow with it, flour the outside of the marrow, brush over with the egg beaten, roll in bread crumbs, bake thirty to forty minutes, basting frequently with the butter.

#### 240.—VEGETABLE MARROW, BOILED.

Peel, cut in quarters, remove the seeds; put in boiling water with salt, boil gently fifteen to thirty minutes, strain and pour melted butter, or white sauce over it.

#### 241.—FRIED VEGETABLE MARROW.

##### *Ingredients.*

|                   |  |                                           |
|-------------------|--|-------------------------------------------|
| One Small Marrow. |  | Frying Batter (see Chicken<br>in Batter). |
| Oil.              |  |                                           |

Peel the marrow and remove the seeds, cut in slices and place in boiling water until tender, but not soft, drain off all the water and dry in a cloth, dip in the batter, and fry in oil, a nice golden brown, drain on kitchen paper. Dish in a circle with fried parsley in the centre.

#### 242.—COLCANNON.

##### *Ingredients.*

|                           |  |                     |
|---------------------------|--|---------------------|
| Equal quantities Potatoes |  | Pepper.             |
| and Greens.               |  |                     |
| Butter.                   |  | Salt.               |
|                           |  | Brown Bread Crumbs. |

Rub the vegetables through a wire sieve, add the butter, pepper, and salt, and thoroughly mix it, butter a mould, shake brown bread crumbs all over it, press the vegetables into the mould, bake in a hot oven fifteen to twenty minutes. Turn out and serve.

#### 243.—BREAD STEAKS.

##### *Ingredients.*

|                             |  |                          |
|-----------------------------|--|--------------------------|
| Six rounds of Bread.        |  | Bread Crumbs.            |
| Teaspoonful Chopped Parsley |  | Two tablespoonfuls Milk. |
| Quarter do. Mixed Herbs.    |  | Salt.                    |
| One Egg.                    |  | Pepper.                  |

Remove the crust from the bread, beat up the egg, mix with it the parsley, herbs, pepper, salt, moisten the bread with the milk, brush over with the beaten egg, cover with bread crumb, fry a nice brown in oil or butter, drain on kitchen paper. Dish in a circle, fried onions may be served in the centre.

#### 244.—BREAD FRITTERS.

##### *Ingredients.*

|                                     |                           |
|-------------------------------------|---------------------------|
| Half-pound Brown Bread              | Pinch Herbs.              |
| Crumbs.                             | Tablespoonful Cream.      |
| Three Eggs.                         | Few drops Essence Celery. |
| Dessertspoonful of Chopped Parsley. | Salt.                     |
| Oil for Frying.                     | Pepper.                   |

Mix the bread crumbs, two eggs, parsley, cream, and seasoning, spread on a plate, and press flat, cut in squares, brush over with egg, cover with bread crumbs, fry in smoking hot oil, three minutes, drain on paper. Serve very hot.

#### 245.—CARROT FRITTERS.

Take quarter-pound cooked mashed Carrot, and quarter-pound bread crumbs. Prepare as for Bread Fritters.

#### 246.—FLORADOR FRITTERS.

##### *Ingredients.*

|                              |                           |
|------------------------------|---------------------------|
| Four ounces Florador.        | Few drops Essence Celery. |
| One pint Water.              | Bread Crumbs.             |
| Small Finely-chopped Onion.  | Oil for Frying.           |
| Quarter-teaspoonful Herbs.   | Salt.                     |
| Teaspoonful Chopped Parsley. | Pepper.                   |
| One Egg.                     |                           |

Put the florador, water, onion, herbs, parsley, celery, salt, and pepper in a saucepan, and boil fifteen minutes, stirring constantly, if too stiff add a little more water, turn on to a dish to cool, cut into squares, egg and bread crumb, fry in oil four to five minutes; when a nice brown, drain on paper. Dish in a circle with fried parsley in the centre.

**247.—SWEET FLORADOR FRITTERS.**

Made as 246, substituting Milk for water, two ounces of sugar and half-teaspoonful essence vanilla for savoury ingredients.

**248.—PORTUGUESE BARS.***Ingredients.*

|                            |  |                   |
|----------------------------|--|-------------------|
| Quarter-pound Rice.        |  | Three Yolks Eggs. |
| One pint Milk.             |  | One White of Egg. |
| Two ounces White Sugar.    |  | Biscuit Crumbs.   |
| Few drops Essence Vanilla. |  | Oil.              |
| Tablespoonful Cream.       |  |                   |

Wash the rice in cold water, boil in the milk for half-an-hour, or until all the milk is absorbed and rice soft, add the sugar, two yolks of eggs, essence, cream, well mix, put on a dish to cool, cut in bars, brush over with egg, cover with cake crumbs, fry a golden brown. Drain on paper, sift sugar over and serve.

**249.—LENTIL FRITTERS.***Ingredients.*

|                      |  |                   |
|----------------------|--|-------------------|
| Four ounces Lentils. |  | Bread Crumbs.     |
| Three Eggs.          |  | Mixed Herbs.      |
| Salt.                |  | One ounce Butter. |
| Pepper.              |  | Oil for Frying.   |
|                      |  |                   |

Boil the lentils until soft, thoroughly drain, pulp and mix with the butter, herbs, pepper, salt, and two eggs; when cold, form into flat cakes, brush over with beaten eggs, roll in bread crumb, fry a nice brown in oil. Drain and serve hot.

**250.—MUSHROOM AND POTATO PIE.***Ingredients.*

|                      |  |                             |
|----------------------|--|-----------------------------|
| One pound Mushrooms. |  | One pound Potatoes (cooked) |
| Two ounces Butter.   |  | Tablespoonful Milk.         |
| One small Onion.     |  | Tablespoonful Flour.        |
| Pepper.              |  | Salt.                       |
|                      |  |                             |



Peel the mushrooms, and remove the stalks, put them in a pie dish, dusting over the flour, pepper, salt, mash the potatoes: mix with them the butter and milk, pepper and salt to taste, boil the stalks and peels in half-pint of water, pour this into the pie dish, cover over with the mashed potato to form a crust; bake thirty to forty-five minutes in a quick oven.

### 251.—BAKED BEANS.

#### *Ingredients.*

|                           |  |         |
|---------------------------|--|---------|
| One pint Haricot Beans.   |  | Salt.   |
| Two ounces Butter, or two |  | Pepper. |
| tablespoonfuls Oil.       |  |         |

Soak the Beans in cold water until they are soft, place in a covered jar or dish with the butter, pepper, salt. Bake very slowly until they burst and are mealy.

### 252.—SPINACH.

Remove the outside leaves and large stalks, wash in cold water several times to remove the grit, put in the saucepan without water, sprinkle with salt. Cook with the lid off until tender, stirring frequently. Strain through a colander and squeeze dry; chop finely, or pass through a wire sieve, return to the saucepan with a little pepper, butter, or cream, well mix, serve pyramid shape in a vegetable dish, or it may be garnished with fried croûtons of bread round the base, and a poached egg on top.

### 253.—SPINACH A LA BIRDS' NESTS.

#### *Ingredients.*

Three pounds Cooked Spinach. | Four Boiled Eggs (small).

Form on a dish in the shape of a bird's nest, placing in the centre four small lightly-boiled eggs, without shells; garnish with fried parsley.

### 254.—SALSIFY.

Scrape and wash in water, with a little lemon juice in it, put in boiling water with salt, boil quickly from three-quarters to one hour, or until tender; drain. Serve on toast, pour over rich melted butter or white sauce.

**255.—FRIED SALSIFY.***Ingredients.*

|                            |  |               |
|----------------------------|--|---------------|
| Some plain Boiled Salsify. |  | Bread Crumbs. |
| Egg.                       |  | Frying Fat.   |

Egg and bread crumb, and fry in smoking hot fat, until a delicate brown, drain on kitchen paper. Serve, garnished with fried parsley.

**256.—SALSIFY IN BATTER.**

Take plain boiled salsify, dip in frying batter, drop in smoking hot fat, fry a light brown, drain on kitchen paper. Serve, garnished with fried parsley.

**257.—SALSIFY SCALLOPED.***Ingredients.*

|                      |  |                              |
|----------------------|--|------------------------------|
| Salsify.             |  | Few drops Essence of Celery. |
| Two ounces Butter.   |  | Salt.                        |
| Half-ounce Flour.    |  | Pepper.                      |
| Gill Milk.           |  | Bread Crumbs.                |
| Tablespoonful Cream. |  |                              |

Boil the salsify until quite tender, pass through a sieve or chop finely, melt one ounce butter in a saucepan, stir in the flour, add the milk and cream, stir until boiling, add the salsify, pepper, salt, and celery, pour into buttered scalloped shells, cover over with bread crumbs, put small pieces of butter over the top, brown under a gas grill, or in a hot oven.

**258.—SALSIFY PATTIES.**

Prepare as for Scalloped Salsify, adding a teaspoonful lemon juice, fill patty cases made of puff pastry. Serve hot or cold.

**259.—SEAKALE.**

Wash and tie in small bundles, removing any doubtful leaves. Put in boiling water and salt, with teaspoonful of lemon juice. Boil fifteen to twenty minutes, or until tender. Serve on toast, with white sauce poured over, or served separately.

**260.—TOMATOES (BOILED).**

Choose tomatoes not too ripe, put in boiling water, simmer very gently ten minutes. Watch them that they do not break, lift out carefully, drain on a sieve.

**261.—STEAMED TOMATOES**

are better than boiled; the process being slower, they are less liable to crack.

**262.—STEWED TOMATOES.***Ingredients.*

|                     |  |         |
|---------------------|--|---------|
| One pound Tomatoes. |  | Salt.   |
| One ounce Butter.   |  | Pepper. |
| Half-ounce Flour.   |  |         |

Prepare as for boiled. Melt the butter in a stewpan, stir in the flour, add half-pint water the tomatoes were boiled in; boil five minutes after it thickens, stirring all the time. Heat the tomatoes through in this sauce. Do not let them boil again.

**263.—BAKED TOMATOES.**

Place on a greased baking sheet, sprinkle over pepper and salt, place in a moderate oven seven to ten minutes.

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# OMELETTES, BREAKFAST DISHES, & SAVOURIES.

## 264.—SAVOURY OMELETTE.

### *Ingredients.*

|                     |  |                            |
|---------------------|--|----------------------------|
| Two Eggs.           |  | One small piece Shalot, or |
| One ounce Butter.   |  | Onion.                     |
| Teaspoonful Chopped |  | Pepper and Salt.           |
| Parsley.            |  |                            |

Beat the eggs, but not to a froth, add the parsley, onion or shalot very finely chopped, pepper and salt, melt the butter in a frying-pan, removing the scum, pour in the mixture as it begins to set, turn it towards the handle of the pan, turn over for a second. An omelette should not be quite set in the middle. Serve very hot.

## 265.—KIDNEY OMELETTE.

Made as above, frying two ounces chopped Kidney for five minutes in the butter, before pouring in the eggs.

## 266.—OYSTER OMELETTE.

Blanch and beard six Oysters, cut into quarters, and make as Kidney Omelette.

## 267.—TOMATO OMELETTE.

Skin one Tomato, and cook as Oyster Omelette.

## 268.—MUSHROOM OMELETTE.

Skin and chop up the Mushroom, cook as Tomato Omelette.

## 269.—CHEESE OMELETTE.

### *Ingredients.*

|                             |  |                   |
|-----------------------------|--|-------------------|
| Two Eggs.                   |  | One ounce Butter. |
| One-and-a-half ounce grated |  | Cayenne.          |
| Parmesan Cheese.            |  | Salt.             |

Beat up the eggs, as Savoury Omelette, add salt and cayenne, melt the butter, pour in the eggs, sprinkle the Cheese on top, turn towards the handle of pan, cook a nice brown.

### 270.—SWEET OMELETTE.

#### *Ingredients.*

|                              |  |                      |
|------------------------------|--|----------------------|
| Three Eggs.                  |  | Few drops Flavouring |
| One ounce Butter.            |  | Essence.             |
| Dessertspoonful Castor Sugar |  | Tablespoonful Jam.   |

Separate the yolks from the whites, and beat the yolks with the sugar until it is thick, add the essence, whip the whites to a stiff froth, and stir lightly into the yolks, melt the butter in a pan, pour in the eggs, put on the fire for one minute, then in the oven, or under the gas grill two or three minutes. Put the jam on one half, fold over, sprinkle sugar on the top, and serve hot.

### 271.—CURRIED EGGS.

#### *Ingredients.*

|                   |  |                            |
|-------------------|--|----------------------------|
| Four Eggs.        |  | Dessertspoonful Curry Pow- |
| One Onion.        |  | der.                       |
| One Apple.        |  | Tablespoonful Cream.       |
| One ounce Butter. |  | Rice.                      |
| One ounce Flour.  |  | Salt.                      |
| Half-pint Stock.  |  |                            |

Boil the eggs hard, cut two of them into eight pieces each, and the other two into dice, peel the apple and onion and chop finely, melt the butter in a stewpan, fry the onion for five minutes, add the apple and fry again five minutes; stir in the curry powder, flour, and stock, boil ten minutes to cook the sauce, put in the small pieces of egg, salt, and cream, and make hot, arrange the remainder of egg in a circle; put the curry in the middle and some boiled rice round.

### 272.—SAVOURY EGGS.

#### *Ingredients.*

|                          |  |                       |
|--------------------------|--|-----------------------|
| Six Eggs.                |  | Grated Ham or Tongue. |
| Chopped Parsley.         |  | Rounds of Toast.      |
| Hard-boiled Yolk of Egg. |  | One ounce Butter.     |

Butter six daniel moulds, sprinkle them alternately with the parsley, ham, and yolk of egg. Break one egg into each, being careful not to break the yolk. Place the daniel moulds into boiling water, and cook until set. Turn out on rounds of toast.

### 273.—SCRAMBLED EGGS.

#### *Ingredients.*

|                     |                    |
|---------------------|--------------------|
| Four Eggs.          | Pepper.            |
| Two ounces Butter.  | Salt.              |
| Tablespoonful Milk. | Four rounds Toast. |

Butter the toast, put the remainder of the butter, eggs, milk, and seasoning into a saucepan; stir rapidly until it begins to set, draw to the side of the fire, if a gas stove is used, turn down the gas to a small flame. Cook two minutes, stirring all the time; heap up on the pieces of toast and serve hot; these may be garnished with fried or chopped parsley.

### 274.—BAKED EGGS:

#### *Ingredients.*

|                   |         |
|-------------------|---------|
| Four Eggs.        | Salt.   |
| One ounce Butter. | Pepper. |

Butter a fire-proof dish with half the butter, break the eggs carefully on to it, put salt, pepper, and the remainder of the butter in small pieces on top, place in a moderate oven seven to ten minutes or until the whites are set. Serve very hot on the dish they were cooked in.

### 275.—EGGS AND CHEESE.

Prepare as for Scrambled Eggs, adding one ounce grated Parmesan cheese.

### 276.—POACHED EGGS.

#### *Ingredients.*

|                   |                        |
|-------------------|------------------------|
| Three Eggs.       | Half-teaspoonful Lemon |
| Quart Water.      | Juice, or Vinegar.     |
| Teaspoonful Salt. |                        |

Boil the water in a shallow pan, add salt and lemon juice, break the eggs carefully into separate cups, pour into the boiling water, simmer about two minutes or until the white is set, the yolk should be liquid, remove from the water and drain, trim the edges, serve on buttered toast, or round a dish with rolls of toasted bacon piled in the centre.

### 277.—BOILED EGGS.

Place the egg or eggs in a saucepan of boiling water, put on the lid, remove from the fire. For one egg allow six minutes, for each additional egg one minute longer. Quite new-laid eggs require one minute extra. By this method the albumen is not hardened, therefore, in consequence, is very easy of digestion.

### ANOTHER METHOD

Is to place them in boiling water for three-and-a-half minutes. In this case the white will be hardened and not so easily digested.

### 278.—STUFFED EGGS.

#### *Ingredients.*

|                              |                      |
|------------------------------|----------------------|
| Four Hard-boiled Eggs.       | Pepper.              |
| Teaspoonful Chopped Parsley. | Tablespoonful Grated |
| One ounce Butter.            | Tongue or Ham.       |
| Salt.                        | Buttered Toast.      |

Cut the eggs in half, remove the yolks, do not break the white, mix the yolk of egg, ham or tongue, parsley, salt, and pepper. Fill the whites of egg with this mixture, sprinkling a little chopped parsley on top. Serve on buttered toast or with salad and mayonnaise sauce. Anchovies may be substituted for tongue or ham.

### 279.—DRIED HADDOCK.

#### *Ingredients.*

|              |                   |
|--------------|-------------------|
| One Haddock. | One ounce Butter. |
|--------------|-------------------|

Put the haddock in a basin, pour boiling water over, and cover it up for ten minutes, place on a dish with small pieces of butter on top. Put in the oven or under a gas grill for five minutes.



**280.—KIPPERS**

May be cooked in the same way, allowing half the time.

**281.—BLOATER9.**

Remove the head and tail, and, if preferred, the back-bone may be taken out by slitting the fish down the back. Put in front of a clear fire or under a gas grill for five minutes on one side, three minutes on the other. Rub some butter over and serve hot.

**282.—STUFFED TOMATOES.***Ingredients.*

|                          |                     |
|--------------------------|---------------------|
| Six Tomatoes.            | Pinch Mixed Herbs.  |
| Three ounces Minced Ham. | Yolk of Egg.        |
| Two ounces Mushrooms.    | Brown Bread Crumbs. |
| Dessertspoonful Parsley. | Pepper.             |
| One Shalot.              | Salt.               |
| One ounce Butter.        |                     |

Melt the butter in a saucepan, chop up the ham, mushrooms, parsley, shalot, and fry five minutes, add the herbs, pepper, salt, and yolk of egg (do not boil after the yolk is in), remove the middle of the tomatoes. Stuff with the mixture, shake over brown bread crumbs, and bake or place under the gas grill five minutes. Serve on a hot dish.

**283.—GRILLED TOMATOES.**

Place the tomatoes on a hot grid and cook under the gas grill, or in front of a red fire, five to ten minutes. Serve on a hot dish, with a small piece of butter, pepper, and salt on each one.

**284.—SAVOURY TOMATOES.***Ingredients.*

|                             |                         |
|-----------------------------|-------------------------|
| Six Tomatoes.               | Half-gill Cream, or two |
| One ounce grated Cheese.    | ounces Butter.          |
| Six small rounds Fat Bacon. | Salt.                   |
| Two ounces Bread Crumbs.    | Pepper.                 |
| Six rounds Buttered Toast.  |                         |

Cut the tops off the tomatoes, and squeeze out the seeds ; mix together the bread crumb, cheese, cream or butter, salt, and pepper, and fill the tomatoes with it, place a round of bacon on each ; bake or grill five minutes, and serve on the buttered toast.

### 285.—TOMATO TOAST.

#### *Ingredients.*

|                            |                     |
|----------------------------|---------------------|
| Three Tomatoes.            | Brown Bread Crumbs. |
| Six rounds Buttered Toast. | One Egg.            |
| One ounce Butter.          | Salt.               |
| One Shalot.                | Pepper.             |

Dip the tomatoes in boiling water, remove the skin, chop them up with the shalot, and fry in the butter five minutes ; add the egg and seasoning, stir over the fire till thick, spread on the toast. Sprinkle bread crumbs over it and serve.

### 286.—CHEESE D'ARTOIS.

#### *Ingredients.*

|                              |                                       |
|------------------------------|---------------------------------------|
| Two ounces Cheese.           | Salt.                                 |
| One ounce Butter.            | Pepper.                               |
| Two Yolks and one White Egg. | Some scraps of Rough, or Puff Pastry. |

Put the eggs, butter, salt, pepper, and cheese, in a saucepan, stir over a very gentle heat until thick, but do not curdle. Roll the pastry very thinly, spread the mixture on one half, turn the other half over, cut out in fancy shapes, brush over with egg. Bake in a quick oven seven to ten minutes.

### 287.—STUFFED MUSHROOMS.

#### *Ingredients.*

|                                               |                                          |
|-----------------------------------------------|------------------------------------------|
| Six or eight Mushrooms, size small patty pan. | One tablespoonful Grated Tongue, or Ham. |
| One ounce Butter.                             | Dessertspoonful Chopped Parsley.         |
| Piece Glaze, size walnut.                     | Pepper.                                  |
| Two tablespoonfuls Bread Crumbs.              | Salt.                                    |
| One Shalot, chopped finely.                   | Buttered Toast.                          |

Peel the mushrooms, put all the other ingredients into a stewpan and make hot. Put a portion in each mushroom, place in the oven ten to fifteen minutes. Put each mushroom on a piece of buttered toast slightly larger than the mushroom. Serve hot.

### 288.—STEWED MUSHROOMS.

#### *Ingredients.*

|                          |                   |
|--------------------------|-------------------|
| One pound Mushrooms.     | Salt.             |
| Gill Milk.               | One ounce Butter. |
| Teaspoonful Lemon Juice. | Half-ounce Flour. |
| Pepper.                  |                   |

Melt the butter, peel the mushrooms, and cook them for five minutes, do not allow them to brown. Mix the flour with the milk, pepper, and salt, and pour into the saucepan; stir until boiling, simmer very gently ten minutes; add lemon juice and serve.

### 289.—GRILLED MUSHROOMS.

#### *Ingredients.*

|                             |                  |
|-----------------------------|------------------|
| Half-pound large Mushrooms. | Pepper and Salt. |
| One ounce Butter.           | Rounds of Toast. |

Peel the mushrooms, put a portion of the butter in each, place outside uppermost on rounds of buttered toast, put under gas grill, or in front of clear fire for five or seven minutes, sprinkle with pepper and salt. Serve hot.

### 290.—BAKED MUSHROOMS.

Prepare as for Grilled Mushrooms, placing them on a greased tin, cover over with buttered paper, bake ten to fifteen minutes. Serve on a hot dish, with the liquor that has run from them poured round.

### 291.—BRAINS ON TOAST.

#### *Ingredients.*

|                                      |                     |
|--------------------------------------|---------------------|
| Calf's Brains.                       | Pepper.             |
| Two ounces Grated Ham, or<br>Tongue. | Half-gill Cream.    |
| Salt.                                | Brown Bread Crumbs. |
|                                      | Rounds of Toast.    |

Prepare the brains by soaking them in salt and water and removing the fibre, put in boiling water and boil fifteen minutes, remove the skin, mix with the ham or tongue, cream, season with salt and pepper, heap upon the buttered toast, sprinkle brown bread crumbs on the top. Heat in the oven and serve hot.

### 292.—TO MAKE TEA.

The general rule is to allow one teaspoonful to each person and one over. Pour boiling water into the tea-pot to make it hot; throw this away, put in the tea; when the water just boils, pour it on and allow it to stand five minutes. Water should never be used after it has been boiling some time, as it has lost its gases, and become flat.

### 293.—TO MAKE COFFEE.

Use freshly roast and ground coffee; allow two ounces to a pint of water. Pour boiling water over the coffee, as boiling it, although more economical, destroys the aroma. The coffee should be placed in a muslin bag or percolator. Hot (not boiling) milk should be served; boiling the milk hardens the albumen and renders it indigestible.

### 294.—TO MAKE CHOCOLATE.

Two teaspoonfuls of Cadbury's Cocoa. Pour on to this one cup of boiling water and stir well, adding sugar and milk to taste.

### 295.—TO MAKE COCOA.

Prepare as for Chocolate, using one teaspoonful Cocoa.

### 296.—CHEESE AIGRETTES.

#### *Ingredients.*

|                                      |                     |
|--------------------------------------|---------------------|
| Half-pint Cold Water.                | Three Eggs.         |
| Three ounces Grated Parmesan Cheese. | Three ounces Flour. |
| Frying Fat.                          | Salt.               |
| One ounce Butter.                    | Cayenne.            |

Put the butter and the water in a small stewpan to boil. When boiling, pull on one side and put in the flour,

return to the fire and beat until perfectly smooth, take from the fire, and, when a little cool, add the eggs, beating each one in before adding the next. Stir in two ounces cheese, pepper and salt to taste. Place on a plate to cool. Drop small portions into fat not quite smoking hot; turn them constantly when they rise to the top of the fat. Drain on kitchen paper; dish in a pyramid on a serviette. Sprinkle the remainder of the cheese over.

### 297.—ANCHOVY TOAST.

#### *Ingredients.*

|                      |  |                           |
|----------------------|--|---------------------------|
| Six Anchovies.       |  | Cayenne.                  |
| One Hard-boiled Egg. |  | Slices of Buttered Toast. |

Dip the anchovies in boiling water, fillet them and place them on small slices of buttered toast. Chop the white of egg finely, rub the yolk through a sieve and sprinkle some of each on the toast.

### 298.—SAUSAGES IN SURPRISE.

#### *Ingredients.*

|                                        |  |              |
|----------------------------------------|--|--------------|
| Half-pound Sausages.                   |  | Bread Crumb. |
| One pound Potato Croquette<br>Mixture. |  | Frying Fat.  |
| Egg.                                   |  | Parsley.     |

Cut each sausage in three, and entirely cover it with the potato mixture, egg, and bread crumb, drop in smoking hot fat. Fry a nice brown, drain on kitchen paper, and garnish with fried parsley.

### 299.—HAM AND TONGUE TOAST.

#### *Ingredients.*

|                                        |  |                                      |
|----------------------------------------|--|--------------------------------------|
| Two ounces Lean Ham.                   |  | Half-teaspoonful Chopped<br>Parsley. |
| One Hard-boiled Egg.                   |  | Pepper.                              |
| Two ounces Tongue.                     |  | Salt.                                |
| One-and-a-half ounce Butter.<br>Toast. |  |                                      |

Butter the toast, put the remainder of the butter in a small stewpan with the parsley, pepper, salt, ham and tongue, finely chopped, when quite hot, heap up on the toast and decorate alternately with white and yolk of egg.

**300.—CHEESE PATTIES.***Ingredients.*

|                            |                           |
|----------------------------|---------------------------|
| Half-ounce Butter.         | Two ounces Grated Cheese. |
| One-and-a-half gill Milk.  | Salt.                     |
| Three-quarter ounce Flour. | Pepper.                   |
| Three Yolks and two Whites | Quarter-pound Pastry.     |
| Eggs.                      |                           |

Roll the pastry out very thinly and line one dozen small buttered moulds, put the remainder of the butter with the flour into a saucepan; when mixed add the milk and stir until it thickens; boil five minutes, take off the fire, add the eggs, salt, pepper and cheese, beat together five minutes, pour into the moulds and bake in a hot oven fifteen to twenty minutes. Turn out of the moulds to serve.

**301.—CHEESE RAMEQUINS.***Ingredients.*

|                      |                           |
|----------------------|---------------------------|
| One ounce Butter.    | Two Eggs.                 |
| Half-ounce Flour.    | Two ounces Grated Cheese. |
| Half-gill Milk.      | Pepper.                   |
| Tablespoonful Cream. | Salt.                     |

Put the flour and butter in a stewpan, when well mixed add the cream and milk, stir until it thickens, boil three or four minutes, add the cheese, yolks of eggs and seasoning, whip the white of eggs very stiffly and stir lightly in, pour into ramequin cases, sprinkling grated cheese over the top; bake in quick oven ten to fifteen minutes. Serve in the cases.

**302.—FOIE GRAS SANDWICHES.**

Prepare as for Cheese d'Artois, using Foie Gras Mixture instead of cheese.

**303.—FRIED SAUSAGES.***Ingredients.*

|                     |             |
|---------------------|-------------|
| One pound Sausages. | Parsley.    |
| One Egg.            | Frying Fat. |
| Bread Crumbs.       |             |

Place the sausage in a saucepan of cold water, bring them slowly to the boil. By this means the bread crumbs

will gradually swell, thus allowing the skin to expand. Simmer two minutes, remove from the water, wipe them dry, brush over with the beaten egg, cover with bread crumbs. Fry in smoking hot fat until a nice golden brown. Garnish with fried parsley.

### 304.—KIDNEYS GRILLED.

Remove the skin, split in halves, run a skewer through them, place under a gas grill, or in front of a red fire, grill five minutes on one side, four on the other, place on a hot dish with maître d'hotel butter over them (see Grilled Steak).

### 305.—STEWED KIDNEYS.

#### *Ingredients.*

|                                                   |                   |
|---------------------------------------------------|-------------------|
| Three Sheep's, or half-pound<br>Bullock's Kidney. | One Shalot.       |
| One ounce Butter.                                 | Half-pint Stock.  |
| Teaspoonful Chopped Parsley.                      | Pepper.           |
| Tablespoonful Ketchup.                            | Salt.             |
| One ounce Flour.                                  | Sippets of Bread. |

Skin the kidneys and cut in halves, if sheep's, or in pieces, if bullock's, fry in the butter for five minutes, add the flour, pepper, salt, ketchup, finely-chopped shalot, and stock, simmer twenty minutes; just before serving add the parsley. Serve with the sippets of bread fried and arranged round the dish.

### 306.—BIRDS' NESTS.

#### *Ingredients.*

|                          |                            |
|--------------------------|----------------------------|
| Three Hard-boiled Eggs.  | Frying Fat.                |
| Half-pound Sausage Meat. | Six rounds Buttered Toast. |
| Egg and Bread Crumbs.    |                            |

Boil three eggs for twelve minutes; put them in cold water, when cold remove the shell, cover each one over with the sausage meat, egg, and bread crumbs; fry in smoking hot fat until a nice brown. Cut in halves, place each half on round of toast.



**307.—FISH TOASTS.***Ingredients.*

|                                               |                                                                                                               |
|-----------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| Rounds or Squares Buttered<br>Toast.          | One Hard-boiled Egg.<br>Quarter-pound Dried Had-<br>dock, Salmon, Kipper, or<br>Bloater.<br>Salt.<br>Cayenne. |
| One-and-a-half ounce Butter.                  |                                                                                                               |
| Half-teaspoonful finely-chop-<br>ped Parsley. |                                                                                                               |
| Half-teaspoonful Lobster                      |                                                                                                               |
| Coral.                                        |                                                                                                               |

Chop the fish finely (removing the bones and skin), put in a stewpan with the butter, cayenne, and salt, until hot. Put a portion of the mixture on each piece of toast, sprinkle finely-chopped white of egg, yolk, coral, and parsley alternately over them. Serve.

**308.—MACARONI, WITH CHEESE.***Ingredients.*

|                              |                                       |
|------------------------------|---------------------------------------|
| Quarter-pound Macaroni       | One ounce Flour.<br>Salt.<br>Cayenne. |
| Three ounces Cheese.         |                                       |
| Half-pint Milk.              |                                       |
| One-and-a-half ounce Butter. |                                       |

Break the macaroni in pieces, place in boiling water, boil quickly until tender, strain, melt one ounce butter in a stewpan, stir in the flour, add the milk, boil five minutes after it thickens, stirring all the time, add the macaroni and half the cheese, salt and pepper to taste, turn on a greased plate or dish; sprinkle the remainder of the cheese on top, and the butter cut in small pieces, brown under the gas grill, salamander, or in the oven.

**309.—WELSH RARE-BIT.***Ingredients.*

|                           |                                                                           |
|---------------------------|---------------------------------------------------------------------------|
| One Egg.                  | Pepper and Salt.<br>Mustard (half-teaspoonful).<br>Square Buttered Toast. |
| Two ounces Grated Cheese. |                                                                           |
| One ounce Butter.         |                                                                           |

Put all except the toast into a small stewpan, stir until the mixture is thick and soft, pour over the buttered toast and serve. Sometimes a tablespoonful of old ale is mixed in it.

**310.—DEVILLED TURKEY.***Ingredients.*

|                              |  |         |
|------------------------------|--|---------|
| Drum Stick of Cooked Turkey. |  | Salt.   |
| Yolk of Egg.                 |  | Pepper. |
| Half-teaspoonful Mustard.    |  |         |

Make two or three notches in the meat, mix the egg, mustard, salt, and pepper together, paint it over the meat, filling up the notches, broil in front of a clear fire or under a gas grill; garnish with watercress.

**311.—DEVILLED CHICKEN.**

Take the whole leg of Chicken and prepare as Devilled Turkey.

**312.—DEVILLED BONES.**

Take rib of beef, leg of mutton, or any other Bones, not too cleanly trimmed, prepare as Devilled Chicken.

**313.—AMERICAN DEVILLED CRAB.***Ingredients.*

|                               |  |                           |
|-------------------------------|--|---------------------------|
| One Crab, not too large.      |  | Half-teaspoonful Mustard. |
| Grated Nutmeg.                |  | Half-teaspoonful Salt.    |
| Three ounces Bread Crumbs.    |  | Cayenne.                  |
| Two-tablespoonfuls Salad Oil, |  | Tablespoonful Sauce.      |
| or two ounces Butter.         |  | One Egg.                  |

Pick out the meat, throwing away the unwholesome parts near the head, mix all the ingredients together, fill the shell with the mixture, sprinkle bread crumbs over the top and brown in the oven or under a gas grill. Serve in the shell on a folded serviette.

**314.—EGG AND ANCHOVY FRITTERS.***Ingredients.*

|                       |  |             |
|-----------------------|--|-------------|
| Two Hard-boiled Eggs. |  | Puff Paste. |
| Six Anchovies.        |  | Frying Fat. |
| Half Egg.             |  | Cayenne.    |

Cut each egg into six slices, dip the anchovies into boiling water, wipe them and remove the bones, cover one

side of the slices of egg with the anchovy, dust over with cayenne, roll the pastry as thin as possible, cut with a round pastry cutter, place one slice of egg and anchovy on a round of paste, brush the edges with the egg beaten, place another round of paste on top, press the edges firmly together, drop in smoking hot fat, fry four to five minutes, drain on kitchen paper, Serve on a folded napkin or serviette.

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# JELLIES, CREAMS, AND FANCY SWEETS.

When essences are given, care should be taken to procure the best. No quantities can be fixed, as they vary so much in quality. I find Langdale's very good.

## 315.—PINEAPPLE JELLY.

### *Ingredients.*

|                                                  |                            |
|--------------------------------------------------|----------------------------|
| Small Pineapple.                                 | One-and-a-half pint Water. |
| Whites and Shells two Eggs.                      | Quarter-pound Loaf Sugar.  |
| One-and-a-half ounces Isinglassine, or Gelatine. | Juice and Peel of Lemon.   |

Pound the fruit in a mortar, boil in the water half an hour, add the lemon peel and juice, sugar, gelatine, and eggs, whisk over the fire until boiling, strain through a jelly bag or kitchen cloth, through which boiling water should be poured; if not clear should be again passed through; pour in mould to set. To turn out, dip the mould in warm water and shake.

## 316.—WINE JELLY.

### *Ingredients.*

|                            |                                     |
|----------------------------|-------------------------------------|
| One pint Water.            | One ounce Isinglassine or Gelatine. |
| Half-inch Cinnamon Stick.  | Six ounces Loaf Sugar.              |
| Half-pint Sherry.          | White and Shells of two Eggs.       |
| Three Cloves.              |                                     |
| Juice and Peel two Lemons. |                                     |

Wash the eggs, crush the shells, whip the whites half stiff, peel the lemons thinly, squeeze out the juice, put all the ingredients into a stewpan and whisk until nearly boiling, then let it boil till it reaches the top of the pan, remove the pan from the fire, stand ten minutes with the lid on; filter through a kitchen cloth, or jelly bag, pour into a mould to set.

## 317.—CLARET JELLY.

Make same as Wine Jelly, substituting one-and-a-half pint Claret for water and sherry.

**318.—PLAIN JELLY.***Ingredients.*

|                                         |                                                                              |
|-----------------------------------------|------------------------------------------------------------------------------|
| One ounce Isinglassine, or<br>Gelatine. | Juice and Peel two Lemons.                                                   |
| One-and-a-quarter pint<br>Water.        | Quarter-ounce Citric Acid.<br>Six ounces Loaf Sugar.<br>Few drops Cochineal. |

If gelatine is used it must be soaked in half-pint of cold water for three or four hours, add the other ingredients, and the remainder of the water boiling; if isinglassine is used put the whole into a jug or basin and pour on to it one-and-a-quarter pint of boiling water, stir until the sugar is dissolved, strain through muslin into a mould.

**319.—ASPIC JELLY.***Ingredients.*

|                                           |                                                                              |
|-------------------------------------------|------------------------------------------------------------------------------|
| Three-quarters of a pint<br>Water.        | Few drops Essence Celery.<br>Quarter-teaspoonful Salt.<br>Small bunch Herbs. |
| Tablespoonful Tarragon<br>Vinegar.        | Whites and Shells two Eggs.<br>Half-teaspoonful Pepper-<br>corns.            |
| Tablespoonful Malt Vinegar.               | One ounce Isinglassine, or<br>Gelatine.                                      |
| Peel and Juice two Lemons.                |                                                                              |
| Half-pint Sherry.                         |                                                                              |
| Small piece Carrot, Turnip,<br>and Onion. |                                                                              |

Put all the ingredients into a stewpan, and proceed as for Wine Jelly.

**320.—STRAWBERRY CREAM.***Ingredients.*

|                         |                                         |
|-------------------------|-----------------------------------------|
| One pound Strawberries. | One ounce Isinglassine, or<br>Gelatine. |
| Half-pint Thick Cream.  | Two ounces Castor Sugar.                |
| Quarter-pint Milk.      |                                         |
| Cochineal.              |                                         |

Dissolve the isinglassine or gelatine in the milk, pick the strawberries, shake the sugar over them, and rub through a hair sieve, mix with the gelatine, whip the cream very stiff, mix with the fruit pulp, add cochineal to required shade, wet a mould and pour in to set.

**321.—RASPBERRY CREAM.**

Make as Strawberry, substituting Raspberries.

**322.—APRICOT CREAM.**

If fresh, remove the stones, then proceed as for Strawberry, adding juice of half a lemon and few drops of cochineal.

**323.—ORANGE CREAM.***Ingredients.*

|                           |  |                         |
|---------------------------|--|-------------------------|
| Three Oranges.            |  | One ounce Isinglassine. |
| Quarter-pound Loaf Sugar. |  | Pint Cream.             |
| Half-gill Water.          |  |                         |

Rub the sugar on the rind of oranges, dissolve it in the juice, melt the isinglassine in the water, and mix with the sugar and juice, whip the cream stiff, and mix all together; pour into a mould to set.

**324.—OTHER FRUIT CREAM.**

Any other fruit may be substituted and used in the same way.

**325.—CHARLOTTE RUSSE CREAM.***Ingredients.*

|                  |  |                |
|------------------|--|----------------|
| Finger Biscuits. |  | Angelica.      |
| Cherries.        |  | Vanilla Cream. |

Carefully line a plain soufflée tin with the biscuits, cut off the ends to make them fit close at the bottom, decorate the bottom of the mould with cherries and angelica, fill with vanilla cream; when cold, turn out.

**VANILLA CREAM.***Ingredients.*

|                           |  |                            |
|---------------------------|--|----------------------------|
| Half-pint thick Cream.    |  | One ounce Isinglassine, or |
| Three-quarters pint Milk. |  | Gelatine.                  |
| Three Eggs.               |  | One ounce Castor Sugar.    |
| Vanilla Essence.          |  |                            |

Dissolve the isinglassine or gelatine in quarter-pint of milk, beat up the eggs and mix with it the remainder of the milk;

make a custard of this and mix with the gelatine, whip the cream very stiff, add the sugar and vanilla to taste, when the custard is a little cool, strain into the whipped cream, stir lightly together, put into a mould to set.

### 326.—COFFEE CREAM.

Make as for Vanilla Cream, substituting half-gill very strong Coffee, or Clarke's Optimus Coffee Extract, for the vanilla.

### 327.—CHOCOLATE CREAM.

Dissolve two ounces Cadbury's Cocoa and the isinglassine in the milk, and prepare as for Vanilla Cream.

### 328.—STONE CREAM.

#### *Ingredients.*

|                                                                                              |                                                                              |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| <p>One pint Cream.<br/>Quarter-pint Milk.<br/>Half-tin Apricots.<br/>Two ounces Almonds.</p> | <p>One ounce Isinglassine, or<br/>Gelatine.<br/>Two ounces Castor Sugar.</p> |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|

Dissolve the isinglassine and sugar in the milk, whip the cream and mix, put the apricots in the bottom of a glass dish, pour the cream over it, when quite cold, blanch the almonds, cut in quarters and stick all over it, sprinkle over the whole some chopped pistachio kernels.

### 329.—IMITATION CREAM.

#### *Ingredients.*

|                                                                                                     |                                                                   |
|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| <p>One ounce Isinglassine, or<br/>Gelatine.<br/>One-and-a-half pint Milk.<br/>Two ounces Sugar.</p> | <p>Whites of two Eggs.<br/>Two ounces Preserved Gin-<br/>ger.</p> |
|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|

Dissolve the isinglassine and sugar in the milk; when nearly cold, add the whites of the eggs, beaten rather stiff, whisk until it thickens, add the ginger finely chopped, pour into a mould and set.



**330.—CERITO.***Ingredients.*

|                          |                            |
|--------------------------|----------------------------|
| Quarter-pound Ratafia.   | Quarter-pint Sherry.       |
| Quarter-pound Macaroon   | Two ounces Sugar.          |
| Biscuits.                | Three-quarters pint Milk.  |
| Jam, Brandy Cherries, or | One ounce Isinglassine, or |
| Preserved Apricot.       | Gelatine.                  |

Fill a china mould with alternate layers of ratafia and macaroons, put in between them the jam, cherries, or apricots, saturate with the sherry, dissolve the isinglassine and sugar in the milk; while hot pour into the mould, when cold turn out.

**331.—RASPBERRY BLANC-MANGE.***Ingredients.*

|                          |                        |
|--------------------------|------------------------|
| One packet Bird's Blanc- | Two ounces Loaf Sugar. |
| Mange Powder.            | One pint Milk.         |

Mix the powder into a smooth paste with a little of the cold milk, put the remainder of the milk with the sugar to boil; while boiling, pour into it the blanc-mange mixture, stir until thick, pour into a wet mould, when cold turn out.

These Blanc-Manges may be obtained in a variety of flavors and colors.

**332.—BLANC-MANGE.***Ingredients.*

|                            |                           |
|----------------------------|---------------------------|
| One ounce Isinglassine, or | One-and-a-half pint Milk. |
| Gelatine.                  | Flavouring.               |
| Two ounces Sugar.          |                           |

Prepare as 333, omitting the wine and brandy; any flavouring essence may be substituted.

**333.—BLANC-MANGE (WITH WINE).***Ingredients.*

|                            |                     |
|----------------------------|---------------------|
| One ounce Isinglassine, or | Half-gill Brandy.   |
| Gelatine.                  | One pint Milk.      |
| Two ounces Loaf Sugar.     | Essence of Almonds. |
| Gill Sherry.               |                     |

Dissolve the isinglassine and sugar in the milk, when nearly cold add the sherry, brandy, and flavouring to taste ; strain into a mould ; when cold turn out.

**334.—CORN FLOUR BLANC-MANGE.**

*Ingredients.*

|                                              |  |             |
|----------------------------------------------|--|-------------|
| One pint Milk.                               |  | Sugar.      |
| Two ounces Brown and<br>Polson's Corn Flour. |  | Flavouring. |

Mix the corn flour with a little milk, put the remainder of the milk and the sugar on to boil, pour in the corn flour, stir until it thickens, boil five minutes, stirring all the time ; add vanilla, almond, or other essence, or a piece of lemon peel, or stick cinnamon may be boiled in the milk, which must be removed before pouring in the mould.

**335.—LEMON SPONGE.**

*Ingredients.*

|                          |  |                      |
|--------------------------|--|----------------------|
| Half-ounce Isinglassine. |  | Few drops Cochineal. |
| White of Egg.            |  | Half-pint Water.     |
| Juice two Lemons.        |  | Two ounces Sugar.    |

Put the isinglassine, water, and sugar in a saucepan, squeeze the lemon juice into a basin, add the white of egg, pour into it the isinglassine and water, whip quite stiff, colour half pink with cochineal, take out with a tablespoon, arrange in a glass dish, pink and white alternately.

**336.—GÂTEAU OF PRUNES.**

*Ingredients.*

|                                         |  |                                  |
|-----------------------------------------|--|----------------------------------|
| One pound Prunes.                       |  | Half-ounce Pistachio<br>Kernels. |
| One pint Water.                         |  | Cochineal.                       |
| Three ounces Lump Sugar.                |  | Gill of Marsala.                 |
| One ounce Isinglassine, or<br>Gelatine. |  | Juice of Lemon.                  |

Stone the prunes, put them in a stewpan with the sugar, isinglassine, lemon juice, and water, boil until the prunes are soft, add the marsala, pistachios, and few drops of cochineal, turn into a border mould until cold, turn out, fill the centre with whipped cream, sprinkle over the top a little chopped pistachio kernels.

**337.—DUTCH BLANC-MANGE.***Ingredients.*

|                            |                         |
|----------------------------|-------------------------|
| One-and-a-half pint Water. | Three Yolks and one     |
| Quarter-pound Sugar.       | White of Egg.           |
| Juice and Peel two Lemons. | One ounce Isinglassine, |
| Half-gill Sherry.          | or Gelatine.            |

Put the isinglassine, water, eggs, sugar, lemon peel, and juice in a saucepan, stir briskly until thick, but it must not boil or it will curdle; remove from the fire, stir until cool, remove the lemon peel, add the sherry, put into a mould.

**338.—CUSTARDS.***Ingredients.*

|                         |             |
|-------------------------|-------------|
| Three Eggs.             | Flavouring. |
| Half-pint Milk.         | Nutmeg.     |
| One ounce Castor Sugar. |             |

Beat the eggs and sugar together, add the milk, pour into a jug or lined saucepan, and stir in boiling water until the mixture coats the spoon, being careful to stir all one way; stand the jug in cold water, add the flavouring to taste, stir five minutes, pour into custard glasses, grating nutmeg on top.

**339.—BIRD'S CUSTARD.***Ingredients.*

|                                   |                          |
|-----------------------------------|--------------------------|
| One packet Bird's Custard Powder. | Two ounces Castor Sugar. |
|                                   | One pint Milk.           |

Mix the custard powder with a little cold milk, put the remainder of milk and sugar to boil, when boiling pour on to the custard mixture, stir until thick, when cold pour into custard cups or a glass dish.

**340.—CHILDREN'S TIPSY CAKE.***Ingredients.*

|                                   |                          |
|-----------------------------------|--------------------------|
| One packet Bird's Custard Powder. | Two tablespoonfuls Jam.  |
| Six Sponge Cakes.                 | One pint Milk.           |
| Three ounces Castor Sugar.        | Gill Raisin Wine.        |
|                                   | One ounce Sweet Almonds. |

Cut the cakes in halves, putting the jam in the centre,

place in a dish, soak with the wine, pour one pint of Bird's custard over, blanch the almonds, cut them in quarters and stick in.

### 341.—TIPSY CAKE.

#### *Ingredients.*

|                           |                         |
|---------------------------|-------------------------|
| One Sponge Cake.          | Gill Sherry, or Brandy. |
| Two ounces Sweet Almonds. | One pint Custard.       |

Place the cake in a glass dish, make a hole in the top, pour into and over it the sherry or brandy, when well soaked, blanch and slice the almonds, stick all over it, pour the custard over and round it.

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# ICES, AND ICING FOR CAKES.

## 342.—ICED PUDDING.

### *Ingredients.*

|                           |                             |
|---------------------------|-----------------------------|
| Half-pint Milk.           | Half-gill Brandy or Sherry. |
| Half-pint Cream.          | Three ounces Sugar.         |
| Three ounces Dried Fruit. | Essence Vanilla.            |
| Three Eggs.               | Two ounces Biscuit Crumbs.  |

Beat the eggs with the sugar and vanilla, add the milk, put in a jug, or lined saucepan of boiling water, and stir until thick, take off the fire, stir in the biscuits, wine or brandy, and whipped cream, place in an icing machine; when frozen put a little at the bottom of an ice pudding mould, sprinkling the fruit chopped between layers of the ice, pack tightly, put on the cover, which should fit tight, and place in a pail of ice and salt; when frozen, dip in water and turn out. Half-gill of maraschino, noyau, or curaçoa, would be an improvement.

## 343.—STRAWBERRY CREAM ICE.

### *Ingredients.*

|                          |                      |
|--------------------------|----------------------|
| Two pounds Strawberries. | Half-pint Syrup.     |
| Half-pint Milk.          | Juice of Lemon.      |
| Half-pint Cream.         | Few drops Cochineal. |

Rub the strawberries through a hair sieve, mix with the milk, whipped cream, syrup, lemon juice, and cochineal, strain through the hair sieve and freeze.

## 344.—PINE APPLE CREAM ICE.

Pound the Pine Apple in a mortar, then proceed as for Strawberry Cream Ice.

## 345.—BROWN BREAD ICES.

### *Ingredients.*

|                                  |                             |
|----------------------------------|-----------------------------|
| Quarter-pint Brown Bread Crumbs. | Half-pint Milk.             |
| Quarter-pint Sponge Cake Crumbs. | Half-pint Cream.            |
|                                  | Quarter-pound Sugar.        |
|                                  | Two tablespoonfuls Liqueur. |

Put the bread and cake crumbs in a basin with the sugar, boil the milk and pour over, when a little cool add the liqueur, and cream whipped. Freeze.

### 346.—CHERRY CREAM ICE.

Stone the Cherries, and proceed as for Strawberry Cream Ice.

### 347.—APRICOT CREAM ICE.

Remove the stones, and proceed as for Cherry.

### 348.—CHOCOLATE CREAM ICE.

#### *Ingredients.*

|                                |  |                          |
|--------------------------------|--|--------------------------|
| Two ounces Cadbury's<br>Cocoa. |  | Half-pint Whipped Cream. |
| Half-pint Milk.                |  | One pint Syrup.          |

Boil the milk and dissolve the cocoa in it, strain through a hair sieve, when cool add the syrup, and cream whipped. Freeze.

### 349.—COFFEE CREAM ICE.

Take a gill very strong Coffee or tablespoonful Clarke's Optimus Coffee Extract, substitute this for cocoa, and proceed as for Chocolate Cream Ice.

### 350.—CHEAP ICE CREAM.

#### *Ingredients.*

|                         |  |                  |
|-------------------------|--|------------------|
| Two ounces Corn Flour,  |  | One pint Milk.   |
| Potato Flour, or Ground |  | Half-pint Syrup. |
| Rice.                   |  | Essence Vanilla. |

Mix the corn flour with a little of the milk, boil the remainder of the milk, pour the mixture into it, boil five minutes, when cool add the syrup and flavouring to taste. Freeze.

### 351.—CUSTARD CREAM ICE.

#### *Ingredients.*

|                |  |                     |
|----------------|--|---------------------|
| One pint Milk. |  | Quarter-pint Syrup. |
| Two Eggs.      |  | Vanilla.            |

Make a custard with the eggs and milk, add to it the syrup and flavouring. Freeze.

**352.—SYRUP FOR ICES.***Ingredients.*

One pound Sugar. | Half-pint Water.

Put the sugar and water in a saucepan, bring to the boil and skim, strain; when cold it is fit for use.

**353.—LEMON WATER ICE.***Ingredients.*

Six Lemons. | One pint Syrup.  
Quarter-pound Loaf Sugar. | One pint Water.

Rub the sugar on the lemon peel until all the yellow part is removed, put this in a basin with the juice of the lemons, add a pint of boiling water, stir well, and add the syrup; if too sweet, add quarter ounce citric acid and half-pint more water, strain through a hair sieve; when cold, freeze.

**354.—PINE APPLE WATER ICE.**

Pound the Pine Apple in a mortar, pass through a sieve, substituting this for lemons and sugar, then proceed as for Lemon Water Ice.

**355.—TANGERINE WATER ICE.**

Proceed as for Lemon Water Ice, substituting twelve Tangerine Oranges for the lemons.

**356.—CHERRY WATER ICE.**

Stone the Cherries and pass through a hair sieve, then proceed as for Pine Apple Water Ice.

**357.—APRICOT WATER ICE.**

As for Cherry Water Ice, substituting Apricots.

**358.—ICING FOR CAKES.***Ingredients.*

One-and-a-half pound Icing | Two Whites of Eggs.  
Sugar. | Juice of Lemon.



Pass the sugar through a hair sieve, make a bay in the centre, pour in the whites of eggs and lemon juice, with a wooden spoon gradually work in the sugar, if too soft add more sugar, spread on the cake with a knife, when the icing on the cake is dry, ornament with some icing in a forcing bag and tube.

### 359.—PINK ICING

is made by adding cochineal to above mixture, to required shade.

### 360.—CLEAR ICING.

Boil one pound loaf sugar, half-pint water, to a syrup.

### 361.—CHOCOLATE ICING.

#### *Ingredients.*

|                                |  |             |
|--------------------------------|--|-------------|
| One pound Sugar.               |  | Gill Water. |
| Two ounces Cadbury's<br>Cocoa. |  | Vanilla.    |

Put into a stewpan, and stir until hot, it should not boil; pour over the cakes while warm.

### 362.—WHITE ICING.

Make as above, omitting the cocoa.

### 363.—ALMOND ICING.

#### *Ingredients.*

|                                        |  |                            |
|----------------------------------------|--|----------------------------|
| Three-quarters pound<br>Sweet Almonds. |  | Half-ounce Bitter Almonds. |
| Teaspoonful Orange Flower<br>Water.    |  | One pound Icing Sugar.     |
|                                        |  | White of Egg.              |

Blanch the almonds and pound them with the orange flower water, adding more if necessary, mix in the sugar and enough white of egg to make a stiff paste, pounding in the mortar until quite smooth.

### 364.—TO CLARIFY SUGAR.

Put the white of an egg and quart of water in a preserving pan, whisk until mixed, add three pounds loaf

sugar, broken small, bring to the boil, remove the scum as it rises, boil two or three minutes, strain through a tammy; do not stir after the sugar is melted.

### 365.—PRESERVED ANGELICA.

Cut the angelica stalks about nine inches long, boil until tender, put on a coarse sieve to dry, place in an earthen pan, and pour over boiling clarified sugar; pour off and boil up daily until the syrup is the thickness of cream; keep the angelica well covered with syrup; tie over with brandy paper.

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# PASTRY AND PUDDINGS.

Coombs' Eureka Flour makes excellent pastry, and no baking powder is needed.

## 366.—PUFF PASTE.

### *Ingredients.*

|                          |                          |
|--------------------------|--------------------------|
| Six ounces Flour.        | Pinch of Salt.           |
| Six ounces Fresh Butter. | Enough Cold Water to mix |
| Teaspoonful Lemon Juice. | (about one gill).        |

Put the flour and salt in a basin, mix the lemon juice with the water, pour gradually into the flour, and mix to the same consistency as the butter, knead for ten minutes, roll out into a long thin strip  $\frac{1}{4}$ -inch thick, press the butter in a cloth to absorb the moisture, place in the centre of the pastry, folding either side over it. If properly made the butter should not again be seen, turn half-way round, rough edges towards the operator, roll out very carefully always rolling forward, fold in three, put in a cool place for ten to fifteen minutes. This operation must be repeated for seven times, putting away to cool between each twice rolling. This pastry may be used for patties, six times rolling is enough when used for vol-au-vents. When making pastry everything should be as cool as possible, and is better if prepared some hours previous to using.

## 367.—ROUGH PUFF PASTE.

### *Ingredients.*

|                     |                           |
|---------------------|---------------------------|
| Half-pound Flour.   | Half-teaspoonful of Lemon |
| Five ounces Butter. | Juice.                    |
| Pinch of Salt.      |                           |

Put the flour in a basin, rub into it half the butter, mix into a paste with the lemon juice and water, roll out  $\frac{1}{4}$ -inch thick, put the remainder of the butter in small pieces over it, dust over with flour, fold in three, turn half-way round and roll thinly. Repeat this operation four times, the last time rolling it the required thickness.

**368.—FLAKEY PASTE.***Ingredients.*

Half-pound Flour.  
Four ounces Butter.  
White of Egg.

Half-teaspoonful of Lemon  
Juice.  
Pinch of Salt.

Put the flour into a basin and break the butter into it in small pieces. Mix up with the lemon juice and water, roll out into a long thin strip, fold in three, turn half-way round and roll out thinly, brush over with the white of egg lightly beaten, dust over with flour, fold in three, repeat the rolling and brushing over with egg. It should be rolled four times.

**369.—SHORT PASTE (PLAIN).***Ingredients.*

Half-pound Coombs' Eureka  
Flour.  
Dessertspoonful Castor Sugar

Three ounces Butter, or  
Dripping.  
Pinch of Salt.

Rub the butter or dripping into the flour, add the salt, sugar, and enough cold water to form a paste. Roll out once to the required size.

**370.—SHORT PASTE (GOOD).***Ingredients.*

Half-pound Flour.  
Five ounces Butter.  
One ounce Castor Sugar.

Pinch of Salt.  
Yolk of Egg.

Rub the butter into the flour, being careful not to oil or melt the butter; mix in the sugar and salt. Make a well in the centre, put into it the yolk, and gradually stir in enough water to form a paste. Roll once the required thickness.

**371.—DRIPPING PASTE.***Ingredients.*

One pound Coombs' Eureka  
Flour.  
Six ounces Dripping.

Pinch of Salt.  
Cold Water to mix.

Rub the dripping into the flour, add the salt, and enough cold water to form a paste. Roll once the required thickness.

### 372.—SUET PASTE.

#### *Ingredients.*

|                  |  |                    |
|------------------|--|--------------------|
| One pound Flour. |  | Pinch of Salt.     |
| Six ounces Suet. |  | Cold Water to mix. |

Chop the suet finely, removing the fibre and skin; mix with the flour and salt, stir in enough cold water to form a paste. Roll out to required thickness.

### 373.—CHEESE CAKES.

#### *Ingredients.*

|                             |  |                            |
|-----------------------------|--|----------------------------|
| Pastry, Yolks of four Eggs. |  | Grated Rind of two Lemons. |
| Whites of two Eggs.         |  | Juice of one Lemon.        |
| Half-pound Castor Sugar.    |  | Three ounces Butter.       |

Beat the eggs lightly, add the sugar, lemon peel, juice, and butter; stand in a saucepan of boiling water, stir constantly until it thickens; line some small patty pans with pastry and half fill with this mixture, bake ten to fifteen minutes. Take out of patty pans to serve. If placed in an air-tight vessel this will keep for years.

### 374.—ALMOND CHEESE CAKE.

Prepare as for Cheese Cakes, substituting quarter-pound sweet, and half-an-ounce bitter Almonds (pounded in a mortar) for the lemon juice and peel.

### 375.—ORANGE CHEESE CAKES.

may be made as above, substituting Oranges for lemons.

### 376.—COCOA NUT CHEESE CAKES

may be made as Almond, substituting Cocoa Nut for almonds.

**377.—HOUSEHOLD CHEESE CAKES.***Ingredients.*

|                             |  |                          |
|-----------------------------|--|--------------------------|
| Quarter-pound Castor Sugar. |  | Grated Peel and Juice of |
| Two ounces Butter.          |  | two Lemons.              |
| Two Eggs.                   |  | Four ounces Cake Crumbs. |

Cream the butter and sugar, add the eggs one at a time, when well mixed stir in the cake crumbs, lemon peel, and juice; line some patty pans with flakey crust, half fill with the mixture, bake a nice brown.

**378.—MINCE PIES.***Ingredients.*

|                               |  |               |
|-------------------------------|--|---------------|
| Mince Meat.                   |  | Castor Sugar. |
| Rough Puff, or Flakey Pastry. |  | One Egg.      |

Roll the pastry rather thinly, line some patty pans, fill with mince meat, cut out rounds of pastry for tops, wet the edges with the beaten egg, put on the top pressing the edges together. Bake ten to twelve minutes; or the pies may be made without a patty pan by placing the mince meat on one round of paste, putting the other on top, as for patty pans; dust with castor sugar.

**379.—MINCE MEAT.***Ingredients.*

|                                                                            |  |                                         |
|----------------------------------------------------------------------------|--|-----------------------------------------|
| Half-pound each of Raisins,<br>Currants, Sultanas, Beef<br>Suet, and Peel. |  | Grated Peel and Juice of one<br>Orange. |
| Three-quarters pound Sugar.                                                |  | Quarter-pound Almonds.                  |
| One pound Apples.                                                          |  | Half-teaspoonful Mixed<br>Spice.        |
| Grated Peel of two Lemons.                                                 |  | Half-pint Brandy.                       |
| Half a Nutmeg.                                                             |  | Quarter-teaspoonful Salt.               |
| Juice of one Lemon.                                                        |  |                                         |

Peel and core the apples, stone the raisins, blanch the almonds, skin the suet, chop all these together with the peel very finely, add the grated nutmeg, orange, lemon peel, and juice, also the sugar, spices, salt, the currants and sultanas picked and cleaned. Mix together, put into a jar, pour over it the brandy; cork securely.

Lovelock's Mincing Machine will be found a great acquisition.

**380.—CREAM CORNETS.***Ingredients.*

|                         |                    |
|-------------------------|--------------------|
| Puff Pastry.            | Vanilla.           |
| Half-pint double Cream. | Pistachio Kernels, |
| One-ounce Sugar.        | One Egg.           |

Roll some thin strips of pastry one-and-a-half inches wide round the outside of greased cornets moulds, commencing at the points and folding each layer one over the other, finish off neatly by trimming the edge, and brush them over with beaten egg, bake in quick oven seven to ten minutes, remove the moulds. Whip the cream, add the sugar and vanilla, put into a forcing bag with a rose tube, when the pastry is cold force the cream into it; sprinkle the chopped pistachio over the cream.

**381.—LOBSTER CORNETS.**

Prepare the pastry cases as above, fill in with Lobster Cutlet Mixture,

**382.—OYSTER CORNETS.**

Prepared as Lobster Cornets, fill in with Oyster Patty Mixture.

**383.—CHICKEN CORNETS.**

Prepare as Oyster Cornets, fill in with Minced Chicken.

**384.—JAM TART.**

Prepare puff pastry and cut out as for Oyster Patties; when cooked, fill in the centre with Jam.

**385.—FRUIT TART.**

Half fill a pie-dish with fruit. Put in sugar, two ounces to the pound of apples, adding more in proportion to the acidity of the fruit, fill the pie-dish, heaping it well up in the centre. Cut a strip of pastry and line the edge of the dish, cover over, trim and decorate the edges. Fruit tarts should not be ornamented beyond the edges or have a hole in the top. Bake thirty to forty minutes, brush over with water, dust with castor sugar, return to the oven to dry. Short or dripping paste should be used for this.



**386.—APPLE MERINGUE TART.***Ingredients.*

|                         |  |                         |
|-------------------------|--|-------------------------|
| Pastry.                 |  | Two ounces Brown Sugar. |
| One ounce Castor Sugar. |  | Gill Water.             |
| One pound Apples.       |  | Few drops of Lemon Fla- |
| Two Whites of Eggs.     |  | vour, or two Cloves.    |

Peel thinly, core, and slice the apples, put in an enamelled pan with the sugar, water, lemon peel or cloves, boil to a pulp stirring frequently, pass through a hair sieve, line a fire-proof plate or dish with rough puff pastry, ornament the edges with some leaves, spread the mixture over it; bake until the pastry is cooked. Whip the whites of eggs to a stiff froth, mix with it the castor sugar, spread on top of the apple, bake to a delicate brown in a slow oven.

**387.—GOOSEBERRY CREAM TART.***Ingredients.*

|                         |  |                    |
|-------------------------|--|--------------------|
| One pound Green Goose-  |  | Half-gill Water.   |
| berries.                |  | Half-pint Cream.   |
| Pastry.                 |  | Pistachio Kernels. |
| Six ounces Brown Sugar. |  |                    |

Boil the gooseberries, sugar, and water to a pulp, pass through a hair sieve, line a fire-proof dish or plate with flakey pastry, decorate the edges, pour on the gooseberries, and bake until the pastry is a pale brown; when cold, whip the cream, sweeten to taste, place in rough heaps over the surface, sprinkle chopped pistachio kernels on top.

**388.—POLISH TARTS.**

Roll some puff pastry out a little thinner than for jam tarts, cut in five-inch squares, turn the four corners to within half an inch of the centre, touching the edges with egg to keep them in place. Bake seven to ten minutes in hot oven. When cold, put apricot jam in two corners, strawberry jam in the other two, and whipped cream in the centre. Decorate with chopped pistachio kernels.

**389.—JAM TURNOVER.**

Roll out some short or dripping pastry, cut in rounds four or five inches in diameter, wet the edges half way round, put a teaspoonful jam on one half, turn the other over, pinching them along the edge in a frill, bake fifteen to twenty minutes, dust over with castor sugar.

**390.—APPLE TURNOVER.**

Prepare pastry as for Jam Turnover, substituting minced Apple and sugar for jam.

**391.—GOOSEBERRY TURNOVER**

Prepare as Apple Turnover, allowing more sugar.

**392.—CHOUX MIXTURE.***Ingredients.*

|                           |  |                      |
|---------------------------|--|----------------------|
| Three ounces Butter.      |  | Six ounces Flour.    |
| Half-pint Cold Water.     |  | Four Eggs.           |
| Two tablespoonfuls Castor |  | Teaspoonful Vanilla. |
| Sugar.                    |  | Pinch Salt.          |

Boil the butter, sugar, salt and water together, remove from the fire, sift the flour and add. Beat over the fire for ten to fifteen minutes or until perfectly smooth, add the vanilla and the eggs one at a time, beating each one in before adding the next. Make into small balls, egg over, and bake in a slow oven until a pale brown. These may be served with whipped cream, or jam forced into them by an icing bag and tube.

**393.—ECLAIRS.**

Put the choux mixture into a forcing bag and tube, force on to a floured tin into the shape of a savoy biscuit, brush over with egg, bake in a slow oven until a pale brown, when cold, force whipped cream into them, coat with chocolate icing.

**394.—BEIGNETS SOUFLÉE.***Ingredients.*

|                    |                     |
|--------------------|---------------------|
| Half-pint Water.   | Three Eggs.         |
| Two ounces Butter. | Frying Fat.         |
| Two ounces Sugar.  | Flavouring Essence. |
| Five ounces Flour. |                     |

Boil the water, butter and sugar together, take from the fire, sift the flour and beat it in, cook until perfectly smooth, beating vigorously all the time, remove from the fire, beat the eggs in one at a time; add the essence to taste. When cold take out in shape of a small egg, drop in hot fat, turning them over and fry golden brown, drain on kitchen paper, fill with jam, or, if eaten cold, with whipped cream.

**395.—CHOCOLATE SOUFLÉE.***Ingredients.*

|                            |                         |
|----------------------------|-------------------------|
| One ounce Cadbury's Cocoa. | Two ounces Butter.      |
| Four Eggs.                 | One ounce Castor Sugar. |
| Tablespoonful Cream.       | Tablespoonful Water.    |

Put the water, cocoa, and sugar, in a saucepan and dissolve over a slow fire, when a little cool add the yolks of eggs and the cream, whip the whites of eggs stiffly and mix lightly, melt the butter in an omelette pan, pour in the mixture, stand over a gentle heat until the bottom of the soufflée is set, place in a hot oven or under a gas grill to cook the top. Fold over and serve.

**396.—LEMON CREAM PIE.***Ingredients.*

|                              |                           |
|------------------------------|---------------------------|
| Quarter-pound Castor Sugar.  | Two tablespoonfuls Potato |
| Two ounces Butter.           | Flour, or Corn Flour      |
| Two Eggs.                    | (Brown & Polson's).       |
| Grated Peel and Juice of two | Pastry.                   |
| Lemons.                      | Half-pint Water, or Milk. |

Mix the flour into a little of the cold milk or water, add this to the remainder of the milk or water boiling, stir into

it the butter and sugar, boil five minutes, line and decorate a pie dish with the pastry. By this time the mixture will be cool enough to beat in the eggs, lemon juice and peel, pour into the pie dish, bake twenty to thirty minutes.

### 397.—APPLE BUTTER.

#### *Ingredients.*

|                    |  |                            |
|--------------------|--|----------------------------|
| Two pounds Apples. |  | Six ounces Sugar.          |
| Two ounces Butter. |  | Juice and Peel of a Lemon. |
| Half-pint Water.   |  |                            |

Peel, core, and slice the apples, put on the fire in an enamelled pan with the other ingredients, stirring frequently until a thick pulp, pass through a hair sieve, put in covered jars for use. A wholesome substitute for butter for children.

### 398.—VEAL AND HAM PIE.

#### *Ingredients.*

|                                      |  |                                     |
|--------------------------------------|--|-------------------------------------|
| One-and-a-half-pound Veal<br>Cutlet. |  | Quarter-teaspoonful Mixed<br>Herbs. |
| Half-pound Ham or lean<br>Bacon.     |  | Veal Stock.                         |
| Grated peel of half Lemon.           |  | Rough Puff Pastry.                  |
| Teaspoonful Chopped Parsley.         |  | Pepper.                             |
| Two Hard-boiled Eggs.                |  | Salt.                               |
|                                      |  |                                     |

Cut the veal and ham into small squares, mix all the seasonings together, dip the veal in it and half fill the dish, put in layer of ham, and the remainder of the veal with the rest of the ham on top, cut each egg into four and arrange round the dish, pour in half-pint of veal stock, roll the pastry half-inch thick, put a strip round the edge of the dish, roll out a little thinner and cover with it, trim the edges, make a hole in the centre, ornament with leaves cut from the pastry, brush over with beaten egg, bake in a good oven one-and-a-half to two hours. When cooked pour in more stock.

**399.—PORK PIE (FARMHOUSE).***Ingredients.*

|                           |                           |
|---------------------------|---------------------------|
| Half-quartern Flour.      | One Egg.                  |
| Half-pint Water.          | Half-ounce Salt.          |
| Ten ounces Lard.          | Quarter-ounce Pepper.     |
| Quarter-teaspoonful Sage. | Quarter-teaspoonful Curry |
| Two pounds Pork.          | Powder.                   |

Cut the meat into small pieces (boil the bones and skin for gravy), season with the pepper, salt, powdered sage, and curry powder, mix with it half-gill of water. Put the flour in a basin, rub into it two ounces of the lard, put the remainder of the lard in a saucepan with the water, half milk may be used, when boiling, pour into the flour and knead until perfectly smooth; cut off a piece for the top and keep it in a warm place, form the remainder into a round or oval shape, either by moulding it round a bottle or jar, or it may be shaped with the hands, taking care that the pastry is the same thickness all over; fill in with the meat, brush the edges with beaten egg, roll out the portion reserved for the top, press the edges securely together, decorate according to taste, make a hole in the top, brush over with egg, bake in a slow oven about two hours; when cooked, pour in the gravy from the bones. To be eaten cold.

**400.—STEAK AND KIDNEY PIE.***Ingredients.*

|                              |         |
|------------------------------|---------|
| One pound Steak.             | Pepper. |
| Half-pound Bullock's Kidney. | Salt.   |
| Pastry.                      |         |

Cut the steak in long strips, the kidney and fat in small pieces, mix a little flour, pepper, and salt, on a plate, put a piece of kidney and fat on each strip of meat, roll up and dip in the seasoning, fill the dish with these rolls, pour in half-pint of water or stock, cover as for veal and ham pie, with rough puff, flakey, or dripping paste; bake one-and-a-half to two hours, pour in a little more gravy and serve.

**401.—STEAK AND OYSTER PIE.**

Prepare the same way as Steak and Kidney Pie, substituting twelve Oysters for kidney.

**402.—STEAK AND MUSHROOM PIE.**

Prepare as for Steak and Oyster Pie, substituting half-pound Mushrooms for oysters.

**403.—RABBIT PIE.***Ingredients.*

|                                                 |                            |
|-------------------------------------------------|----------------------------|
| One Wild Rabbit.                                | Half-pint Water, or Stock. |
| Quarter-pound Streaky Bacon<br>or Pickled Pork. | Pepper.                    |
| Teaspoonful Parsley.                            | Salt.                      |
| Quarter-pound Steak.                            | Dust of Powdered Mace.     |
|                                                 | Rough Puff Pastry.         |

Well wash and wipe dry the rabbit, cut into small joints, cut the steak in slices, and lay on the bottom of pie dish, put in the rabbit intermixed with bacon or pork, cut into small pieces, sprinkle the seasoning over the whole, pour in the water or stock, cover, and bake as for Steak and Kidney Pie.

**404.—PIGEON PIE.***Ingredients.*

|                       |         |
|-----------------------|---------|
| Two Pigeons.          | Pastry. |
| Half-pound Steak.     | Pepper. |
| Half-gill good Stock. | Salt.   |

Pluck, draw, singe, and cut in halves the pigeons, put the steak in the bottom of pie dish, the pigeons on top, add seasoning and stock, cover and decorate as for Steak and Kidney Pie; bake one to one-and-a-half hours. The feet of the pigeons should be scalded and stuck in the top before sending to table.

Pies should always be placed in a hot oven until the pastry has risen and browned, then the temperature should be lowered to allow the meat or fruit to be cooked.

**405.—OYSTER PATTIES.***Ingredients.*

|                   |                          |
|-------------------|--------------------------|
| Twelve Oysters.   | Teaspoonful Lemon Juice. |
| Half ounce Flour. | Cayenne.                 |
| One ounce Butter. | Salt.                    |
| Half-gill Cream.  | Puff Pastry.             |

Beard the oysters, cut them in four, put the liquor and beards in a saucepan with a gill of water and boil ten minutes, strain through muslin, melt the butter, stir in the flour, add the oyster liquor, stir until it thickens, boil three minutes, add the cream, oysters, cayenne, salt, and lemon juice, thoroughly heat, but do not cook after the oysters are in. Roll out the pastry quarter of an inch thick; cut out with a fluted paste cutter, three inches diameter, to form a lid press a cutter an inch smaller half-way through the pastry, put in a very hot oven from seven to ten minutes, remove the lid and inside of the patty, fill with the mixture. Put on the lid.

#### 406.—SAUSAGE ROLLS.

##### *Ingredients.*

|                     |  |          |
|---------------------|--|----------|
| Half-pound Pastry.  |  | One Egg. |
| One pound Sausages. |  |          |

Blanch the sausages by putting them in cold water and bringing them to boil, take off the skins when cold, cut in halves lengthways, lay each half on a square of pastry (either puff, rough puff, flakey, or dripping paste) an inch longer than the halves of sausage. Brush the edges with beaten egg, fold in halves, press the edges together with the back of a knife, brush over with egg, bake in hot oven fifteen to twenty minutes.

#### 407.—VOL-AU-VENTS.

Take puff pastry which has been rolled six times, cut it out five or six inches in diameter, dipping the cutter in boiling water. Place another cutter to within one inch of the outer edge, and press quarter way through; when baked, this will form the cover. Bake in a hot oven from fifteen to thirty minutes, take off the cover with a knife and remove the inside, fill up with oyster patty mixture, chicken, or any rich savoury. Place on the cover, warm in the oven for few minutes.

#### 408.—CORNISH PASTIES.

##### *Ingredients.*

|                             |  |                         |
|-----------------------------|--|-------------------------|
| Half-pound Steak.           |  | Quarter-pound Potatoes. |
| Half-teaspoonful Salt.      |  | Small piece of Onion.   |
| Quarter-teaspoonful Pepper. |  | Tablespoonful Water.    |



Chop up the meat, potatoes, and onion, mix with it the pepper, salt, and water. Roll out some dripping paste, cut in rounds five or six inches in diameter, place a portion of the mixture on each round, damp the edges half-way round with water, pinch securely together across the top, bake on a greased tin thirty to forty minutes. The same mixture may be put in rough puff pastry, and brushed over with egg.

#### 409.—STEAK AND KIDNEY PUDDING.

##### *Ingredients.*

|                                               |                    |
|-----------------------------------------------|--------------------|
| Three-quarters pound<br>Coombs' Eureka Flour. | Half-pound Kidney. |
| Quarter-pound Suet.                           | Cold Water.        |
| One pound Steak.                              | Pepper.            |
|                                               | Salt.              |

Chop the suet finely, mix it with the flour, pinch or salt, and enough cold water to form a paste, roll out quarter-inch thick on a floured board, line a greased pudding basin, pressing it well to the side, trim off the edges and roll to the size of the top of the basin, cut the steak in thin strips, the kidney and fat in small pieces, put a piece of the fat and kidney on each strip of steak and roll up, mix half teaspoonful of salt, and quarter-teaspoonful pepper, and dip each piece of meat into it, fill the basin with the rolls of meat, pour in one gill of cold water, damp the edges of the pastry and fasten the top on securely; tie over with floured cloth, place in a steamer and cook two-and-a-half hours, or boil two hours. One dozen oysters or mushrooms is an improvement to the pudding.

#### 410.—TOAD IN THE HOLE.

##### *Ingredients.*

|                                     |                             |
|-------------------------------------|-----------------------------|
| Half-pound Flour.                   | One ounce Dripping.         |
| One-and-a-half pound Beef<br>Skirt. | Two Eggs.                   |
| Pint Milk.                          | Half-teaspoonful Salt.      |
|                                     | Quarter-teaspoonful Pepper. |

Put the flour in a basin; make a bay in the centre, break the eggs in a cup or basin and pour in; add half the milk by degrees, meanwhile stirring in all the flour; beat five minutes, add the remainder of the milk. This batter is

better to stand, say one hour, before cooking. Grease a pie-dish or baking-tin with the dripping, remove the skin from the meat, cut it in small squares, season with the pepper and salt; place in the pie-dish or baking-tin, pour the batter over it. Cook in a hot oven from three-quarters to one hour.

#### 411.—APPLE PUDDING.

##### *Ingredients.*

|                        |              |
|------------------------|--------------|
| Half-pound Suet Paste. | Four Cloves. |
| One pound Apples.      | Cold Water.  |
| Two ounces Sugar.      |              |

Line a greased basin with the pastry, trim off the edges, peel, core, and slice the apples, half fill the basin, put in the sugar, cloves, and half-gill cold water, fill up with the apples, roll out the trimmings for a cover, wet the edges and press firmly together, dip a pudding cloth in boiling water, boil one-and-a-half hours, keeping it covered with boiling water, take off the cloth and turn on to a hot dish. If steamed cover over with buttered paper; cook two hours.

#### 412.—GOOSEBERRY PUDDING.

##### *Ingredients.*

|                         |                         |
|-------------------------|-------------------------|
| Six ounces Sugar.       | One pound Gooseberries. |
| Half-pound Suet Pastry. |                         |

Prepare and cook as for Apple Pudding.

#### 413, 414 and 415.—PLUM, GREENGAGE, OR DAMSON PUDDING.

Prepare and cook as for Gooseberry Pudding.

#### 416.—WHITELAND'S PUDDING.

##### *Ingredients.*

|                          |                       |
|--------------------------|-----------------------|
| Slices of thin Bread and | One pint Milk.        |
| Butter.                  | Two ounces Sugar.     |
| Jam.                     | Grated Peel Lemon, or |
| Three Eggs.              | Lemon Flavour.        |

Grease a basin or plain mould, line throughout with the bread and butter, fill lightly with bread and butter, putting

jam between the layers, beat the eggs and sugar together, add to it the milk, well mix, flavour to taste. Pour into the mould, soak thirty minutes, cover over with greased paper and steam thirty to forty minutes.

#### 417.—BREAD AND BUTTER PUDDING (STEAMED).

##### *Ingredients.*

|                          |  |                |
|--------------------------|--|----------------|
| Slices Bread and Butter. |  | Pint Milk.     |
| Two ounces Sugar.        |  | Grated Nutmeg. |
| Two ounces Currants.     |  | Two Eggs.      |

Grease a one-and-a-half pint basin, cut the bread and fill with it, sprinkling in the currants; beat the egg, sugar and milk together, flavour with nutmeg, pour into the basin, soak half-an-hour. Steam three-quarters to one hour.

#### 418.—BREAD AND BUTTER PUDDING (BAKED).

Prepare as above; put the mixture in a pie dish, bake thirty minutes.

#### 419.—GRANNY'S PUDDING.

##### *Ingredients.*

|                             |  |                   |
|-----------------------------|--|-------------------|
| Quarter-pound each of Bread |  | Half-pint Milk.   |
| Crumbs, Chopped Suet,       |  | Two Eggs.         |
| Currants, Castor Sugar.     |  | Two ounces Flour. |
| Dust of Nutmeg.             |  |                   |

Mix all the dry ingredients together, put in a greased basin, beat the eggs and milk together, pour over, cover with buttered paper, steam two hours.

#### 420.—ST. OSWALD'S PUDDING.

##### *Ingredients.*

|                            |  |                  |
|----------------------------|--|------------------|
| Four ounces of either Cake |  | Half-gill Milk.  |
| or Bread Crumbs, Castor    |  | Dust Nutmeg.     |
| Sugar, Flour, Chopped      |  | Pound of Apples. |
| Suet.                      |  | Juice of Lemon.  |
| Two Eggs.                  |  |                  |

Peel, core, and chop the apples finely, mix with the flour, suet, crumbs, sugar, and nutmeg, beat the eggs with the milk, and add to the dry ingredients, flavour with the lemon juice, mix thoroughly, pour into a greased mould or basin, and steam three hours.

#### 421.—ST. ELMO PUDDING.

##### *Ingredients.*

Two Eggs.  
Three ounces Butter.  
Three ounces Sugar.  
Lemon Flavour.

Two tablespoonfuls Jam.  
Three ounces Flour.  
Pastry.

Line a shallow pie dish with the short pastry, cut out some leaves and decorate the edges, spread the jam on the bottom of the dish, cream the butter and sugar, add one egg and the flour, then the other egg. Flavour to taste, pour in the pie dish, bake thirty to forty minutes.

#### 422.—CHRISTMAS PUDDING.

##### *Ingredients.*

Half-pound Bread Crumbs.  
Six ounces Candied Peel.  
Quarter-pound Sweet  
Almonds.  
One ounce Bitter Almonds.  
Half-pound Flour.  
Grated Peel of two Lemons.  
Half Nutmeg.

One pound each of Suet,  
Raisins, Currants, Sul-  
tanas, Sugar.  
Ten Eggs.  
One-and-a-half gill Milk.  
One gill Brandy.  
Half-teaspoonful Mixed Spice  
Half-teaspoonful Salt.

Chop the suet and peel finely, mix with the flour and bread crumbs, stone the raisins, clean the sultanas and currants, blanch and chop the almonds, mix all the dry ingredients together, beat the eggs thoroughly with the milk and brandy, turn into the dry ingredients, mix together, pour into greased basins or moulds, tie over with greased paper, and steam six hours.

**423.—PLAIN PLUM PUDDING.***Ingredients.*

|                                     |                               |
|-------------------------------------|-------------------------------|
| Six ounces Bread Crumbs.            | Half-teaspoonful Mixed Spice. |
| Six ounces Coombs' Eureka<br>Flour. | Quarter-pound Currants.       |
| Quarter-pound Suet.                 | Quarter-pound Sugar.          |
| Quarter-pound Raisins.              | Two Eggs.                     |
|                                     | One-and-a-half gill Milk.     |

Prepare as 422. Steam three hours.

**424.—BAKED PLUM PUDDING.**

Prepare and weigh up the following ingredients:—Half-pound bread crumbs, half-pound chopped suet, quarter-pound raisins, stoned; quarter-pound currants, cleaned; half-pound moist sugar, quarter-pound candied peel, minced finely; quarter-pound florador, half-pint milk, quarter-pound Coombs' Eureka flour, four eggs, one teaspoonful mixed spice. Soak the florador in the milk, mix the dry ingredients well together in a large bowl, beat up the eggs, and add them with the florador and milk to the above, put it in one or two well greased pie dishes, and bake in a moderate oven for about one hour. Turn out carefully on a hot dish, dust with sugar, and serve with sweet sauce.

**425.—YORKSHIRE PUDDING.***Ingredients.*

|                   |                    |
|-------------------|--------------------|
| Half-pound Flour. | Two or three Eggs. |
| One pint Milk.    | Teaspoonful Salt.  |

Put the flour in a basin, make a well in the centre and put in the eggs, add by degrees half the milk, stirring in all the flour, beat ten minutes, add the remainder of the milk, pour in a greased pudding tin, bake in a quick oven thirty to forty minutes. Serve with roasted or baked joints.

**426.—BAKED BREAD PUDDING.***Ingredients.*

|                         |                          |
|-------------------------|--------------------------|
| Half-pound Stale Bread. | Two ounces Candied Peel. |
| Three ounces Suet.      | Two ounces Sugar,        |
| Dust of Nutmeg.         | Two ounces Currants.     |
| Three ounces Flour.     | One Egg.                 |
| Gill Milk.              |                          |

Soak the bread in cold water until soft, press out the water, put it in a basin with the suet and peel finely chopped, flour, sugar, nutmeg and currants mixed together, beat the egg with the milk, and stir in; pour into a greased pie dish, and bake in a moderate oven about one hour.

**427.—STEAMED BREAD PUDDING.**

Prepare as for Bread Pudding. Grease a basin or mould, cover with buttered paper, and steam one-and-a-half hour.

**428.—CABINET PUDDING.***Ingredients.*

|                 |                      |
|-----------------|----------------------|
| One pint Milk.  | Cherries.            |
| Essence Almonds | Ratafia.             |
| Three Eggs.     | Tablespoonful Sugar. |
| Angelica.       | Macaroons.           |
| Sponge Cakes.   |                      |

Butter and decorate one-and-a-half pint soufflée tin with the cherries and angelica, fill lightly with the cakes and biscuits, beat the eggs, mix with them the sugar, almond and milk, pour this into the mould, cover with butter paper, steam forty-five to sixty minutes. Serve with wine sauce.

**429.—COLD CABINET PUDDING.***Ingredients.*

|                  |                             |
|------------------|-----------------------------|
| One pint Milk.   | Cherries.                   |
| Three Eggs.      | Macaroons.                  |
| Essence Almonds. | Two ounces Sugar.           |
| Angelica.        | Half-ounce Isinglassine, or |
| Savoy Biscuits.  | Gelatine.                   |

Wet the mould, divide the savoy. and line the mould with them, ornament the bottom with the cherries and

angelica, fill in with the remainder of the biscuits and macaroons, put the egg and sugar in a jug, beat together with the milk and flavouring, stand in boiling water, and stir until it coats the spoon; melt the gelatine with water, and add when a little cool, strain into the mould, when cold turn out.

#### 430.—MAISEY PUDDING.

##### *Ingredients.*

Cold Plum Pudding. | Custard.

Cut the pudding in thin slices, and line a greased basin with it, fill up with custard, cover with buttered paper, and steam thirty to forty minutes.

#### 431.—MUSHROOM PUDDING.

##### *Ingredients.*

|                           |  |                          |
|---------------------------|--|--------------------------|
| One pound Mushrooms.      |  | Two tablespoonfuls Bread |
| Half-pound Flour.         |  | Crumbs.                  |
| Two ounces Butter, or two |  | Pepper.                  |
| tablespoonfuls Oil.       |  | Salt.                    |

Peel the mushrooms, boil the stalks and peel in half-pint of water until it is reduced to a gill, mix the oil or butter with the bread crumbs, and add to the flour, roll out, and line a greased basin with it, put in the mushrooms and water from the peels and stalks, take the trimmings of the pastry, roll out and cover the top, steam for two hours.

#### 432.—LANCASHIRE PUDDING.

##### *Ingredients.*

|                            |  |                               |
|----------------------------|--|-------------------------------|
| Two ounces of either Sago, |  | Two ounces Sugar.             |
| Tapioca, Semolina or       |  | Peel of Lemon, or six Cloves. |
| Vermicelli.                |  | One pint Water.               |
| One pound large Apples.    |  |                               |

Boil the tapioca, &c., with the lemon peel in the water, until cooked, peel, halve, and core the apples, place in a pie dish, remove the lemon peel, add the sugar and pour tapioca, &c., over the apples, bake until the apples are soft. Dust sugar over, and serve. Any other fruit may be substituted for apples.



**433.—FIG PUDDING.***Ingredients.*

|                             |                     |
|-----------------------------|---------------------|
| Quarter-pound Flour.        | Quarter-pound Suet. |
| Quarter-pound Figs.         | Two Eggs.           |
| Gill Milk.                  | Pinch of Salt.      |
| Quarter-pound Bread Crumbs. | Dust of Nutmeg.     |
| Quarter-pound Sugar.        |                     |

Chop the suet and figs finely and mix with the flour, sugar, salt, bread crumbs, and nutmeg, beat the eggs and milk together, mix with the other ingredients; pour into a greased basin, cover with buttered paper and steam three or four hours.

**434.—SULTANA PUDDING.**

Prepare as for Fig Pudding, substituting Sultanas, which must be cleaned and picked.

**435.—DATE PUDDING.**

Prepare as for Sultana Pudding, substituting Dates, which must be stoned and chopped.

**436.—LEMON PUDDING.***Ingredients.*

|                                         |                                         |
|-----------------------------------------|-----------------------------------------|
| Four ounces Cake, or Biscuit<br>Crumbs. | Grated Peel and Juice of<br>two Lemons. |
| One gill Milk.                          | Three ounces Sugar.                     |
| Rough Puff or Short Pastry.             | Two Eggs.                               |

Beat the eggs, mix these with the cake crumbs, sugar, lemon peel, juice and milk, stir well together, line and decorate the pie dish with the pastry, pour the mixture in and bake in rather quick oven thirty minutes.

**437.—COCOA NUT PUDDING.**

Proceed as for Lemon Pudding, substituting two ounces Desiccated Cocoa Nut for the lemon juice.

**438.—BAKED APPLE DUMPLINGS.***Ingredients.*

|                         |  |               |
|-------------------------|--|---------------|
| One pound large Apples. |  | Sugar.        |
| Cloves.                 |  | Short Pastry. |
| One ounce Butter.       |  |               |

Peel and core the apples without breaking them, fill the centre with sugar, one clove, and small piece of butter, roll the pastry quarter-inch thick, cut in rounds large enough to cover the apple, joining very neatly on the top. The pastry should be of one thickness all over, or it may be cut out in two smaller rounds, allowing one to slightly overlap the other. This prevents a lump of paste at the top, but if not carefully joined are very likely to burst. Bake twenty to thirty minutes, dust over with castor sugar.

**439.—BOILED APPLE DUMPLINGS.**

Prepare in the same way as Baked Apple Dumplings, using suet paste; tie each one in a small floured cloth, put in boiling water, cook twenty to thirty minutes.

**440.—STEAMED APPLE DUMPLINGS**

are much better than boiled. Require no cloth. Steam thirty to forty minutes.

**441.—PANCAKES.***Ingredients.*

|                              |  |                         |
|------------------------------|--|-------------------------|
| Quarter-pound Flour.         |  | Half Lemon.             |
| One Egg.                     |  | One ounce Castor Sugar. |
| Half-pint Milk.              |  | Pinch Salt.             |
| Two ounces Dripping or Lard. |  |                         |

Put the flour into a basin, make a bay in the centre, put in the egg, pinch of salt, add by degrees half the milk, stirring in the flour, beat five or ten minutes, add the remainder of the milk, and should it be lumpy strain into a jug, melt the dripping in a small saucepan, pour a little in a small frying pan, when quite hot pour in enough batter to thinly cover the bottom of the pan, when brown on one side toss or turn over with a knife and fry on the other side, dust a little castor sugar and squeeze a few drops of lemon

juice over each pancake, roll up and keep warm until all the batter has been used.

#### 442.—STEAMED OR BOILED BATTER PUDDING.

Take pancake batter, pour into a greased basin, and steam or boil one hour. Serve with sweet or jam sauce.

#### 443.—BLACK CAP PUDDING.

Make as Batter Pudding, dropping in two ounces of Currants after the batter is in the basin, these sink to the bottom; when the pudding is turned out they appear on top. Serve with sweet or jam sauce.

#### 444.—CUP OF ARROWROOT.

##### *Ingredients.*

|                            |  |                         |
|----------------------------|--|-------------------------|
| Dessertspoonful Arrowroot. |  | Half-teaspoonful Sugar. |
| Half-pint Milk.            |  |                         |

Mix the arrowroot with a little cold milk, put the remainder on the fire to boil, pour into the arrowroot, and stir until it thickens, add the sugar.

#### 445.—ARROWROOT PUDDING.

Beat one egg, and add to cup of arrowroot, grease a small pie dish with butter, and pour in the mixture, bake ten to fifteen minutes in a moderate oven.

#### 446.—JAM ROLY POLY.

##### *Ingredients.*

|                           |  |                    |
|---------------------------|--|--------------------|
| Half-pound Jam.           |  | Pinch Salt.        |
| Half-pound Coombs' Eureka |  | Three ounces Suet. |
| Flour.                    |  |                    |

Chop the suet finely, mix with flour and salt, add enough cold water to form a stiff paste, roll out on a floured board, quarter-inch thick, half as wide as long, spread the jam over, not too near the edge, and roll up, secure the ends by pinching them together, grease and flour a dry cloth, roll the pudding in it, tie up the ends, put in a steamer or saucepan of boiling water, cook one-and-a-half to two hours.

**447.—SPOTTED DICK.**

Prepare as for Roly Poly, sprinkling over one-quarter pound Currants, and one ounce sugar, instead of the jam.

**448.—TREACLE ROLY POLY.**

Prepare as for Jam Roly Poly, substituting Treacle for jam, shake over two ounces bread crumbs before rolling up.

**449.—STEAMED SEMOLINA PUDDING.***Ingredients.*

|                         |  |                     |
|-------------------------|--|---------------------|
| One pint Milk.          |  | Three Eggs.         |
| Three ounces Semolina.  |  | Flavouring Essence. |
| One ounce Castor Sugar. |  |                     |

Put the milk in the saucepan, when boiling sprinkle in the semolina, boil five minutes, take from the fire, add the sugar, when cool add the yolks of the eggs and flavouring, whip the whites to a stiff froth and stir lightly in, pour into a greased souffle mould, and steam twenty to thirty minutes.

**450.—BAKED SEMOLINA PUDDING.***Ingredients.*

|                                 |  |                         |
|---------------------------------|--|-------------------------|
| One pint Milk.                  |  | One ounce Castor Sugar. |
| One-and-a-half ounces Semolina. |  | One Egg.                |
|                                 |  | Dust of Nutmeg.         |

Put the milk in a saucepan, when boiling sprinkle in the semolina and boil five minutes, take off the fire, beat up the egg and sugar together and mix all together, pour into a greased dish, bake twenty to thirty minutes.

**451.—SAGO PUDDING.**

Proceed in the same way as for Semolina.

**452.—SOUFFLÉE PUDDING.***Ingredients.*

|                                      |  |                           |
|--------------------------------------|--|---------------------------|
| Half-ounce each of Butter and Flour. |  | Teaspoonful Castor Sugar. |
| Half-gill Milk.                      |  | Two Eggs.                 |
|                                      |  | Flavouring                |

Melt the butter in a stewpan, stir in the flour, when well mixed add the milk, stir until it thickens, cook five minutes, add the sugar, flavouring, and when a little cool, the yolks of eggs one at a time; whip the whites to a stiff froth and stir lightly into the mixture, pour into a well-greased soufflée mould; steam twenty to thirty minutes. Serve with wine or jam sauce.

Whatever flavouring is put into a soufflée from that it takes its name; for example, when chocolate is used, it is a Chocolate Soufflée.

### 453.—RICE PUDDING.

#### *Ingredients.*

|                            |  |                              |
|----------------------------|--|------------------------------|
| One pint Milk.             |  | Half-ounce of finely-chopped |
| One-and-a-half ounce Rice. |  | Suet or Butter.              |
| Dessertspoonful Sugar.     |  | Dust of Nutmeg.              |

Well wash the rice in cold water, put into the pie dish with the sugar, pour in the milk, sprinkle over the top the suet or butter in small pieces, grate over it the nutmeg; bake in a moderate oven one hour.

### 454.—TREACLE SPONGE PUDDING.

#### *Ingredients.*

|                           |  |               |
|---------------------------|--|---------------|
| Three ounces Suet.        |  | Gill Treacle. |
| Half-pound Coombs'        |  | Gill Milk.    |
| Eureka Flour.             |  | One Egg.      |
| Half-ounce Ground Ginger. |  |               |

Chop the suet finely and mix with the flour, add the ginger, beat up the egg and mix with the milk, pour this into the flour, add the treacle and mix all together, pour into a greased basin, cover with greased paper, steam two hours.

### 455.—SWISS ROLL.

#### *Ingredients.*

|                           |  |                       |
|---------------------------|--|-----------------------|
| One ounce Butter.         |  | Two tablespoonfuls    |
| Two Eggs.                 |  | Coombs' Eureka Flour. |
| Two tablespoonfuls Castor |  | Quarter-pound Jam.    |
| Sugar.                    |  |                       |

Line a Yorkshire pudding tin with paper, melt the butter in a stewpan, and brush the paper all over with it, dust it over with castor sugar, beat the egg and sugar for ten minutes, add the flour (one tablespoonful at a time), pour into the tin, bake in a quick oven seven to ten minutes, turn on to a sugared board, spread the jam over the surface, roll up quickly, serve.

#### 456.—SWISS ROLL SANDWICH.

Take double quantities Swiss Roll mixture, bake on two tins, turn on a sugared board, spread the jam on one half, placing the other on the top, decorate with chocolate, or white icing.

#### 457.—CORN FLOUR PUDDING.

Prepare as for Corn Flour Blancmange. Beat up two eggs and stir in, pour in a greased pie dish, bake twenty to thirty minutes.

#### 458.—BERMUDA PUDDING.

##### *Ingredients.*

|                          |  |                    |
|--------------------------|--|--------------------|
| Three ounces each Sugar, |  | Angelica.          |
| Butter and Flour.        |  | Almond Flavouring. |
| Three eggs.              |  | Cherries.          |

Cream the butter and sugar, beat in the eggs and flour alternately, add the flavouring, butter and decorate some daniel moulds, three-quarters fill with the mixture, bake ten to fifteen minutes in a moderate oven. Turn out of the moulds, and serve with wine or custard sauce.

#### 459.—MARMALADE PUDDING.

##### *Ingredients.*

|                            |  |                       |
|----------------------------|--|-----------------------|
| Quarter-pound Bread Crumbs |  | One Egg.              |
| Three ounces Suet.         |  | Two ounces Flour.     |
| One ounce Candied Peel.    |  | Half-pound Marmalade. |

Chop the suet finely, mix with the other ingredients, if too stiff, a tablespoonful of milk may be added, pour into a greased mould, cover with buttered paper; steam two to three hours.

**460.—APPLE CUSTARD PUDDING.***Ingredients.*

|                      |  |                      |
|----------------------|--|----------------------|
| One pound Apples.    |  | One Egg.             |
| One Lemon.           |  | One ounce Corn Flour |
| Quarter-pound Sugar. |  | (Brown & Polson's).  |
| One pint Milk.       |  |                      |

Peel, core, and slice the apples, put them into a stewpan with the grated peel, and juice of lemon, half the sugar, and half-gill water, boil until soft, rub through a hair sieve, and put at the bottom of a greased pie dish. Make a custard with the milk, sugar, corn flour, and egg, pour over the apple and bake half-hour, or serve cold in a glass dish.

**461.—BAKED CUSTARD.***Ingredients.*

|                |  |                    |
|----------------|--|--------------------|
| Three Eggs.    |  | Rough Puff Pastry. |
| One pint Milk. |  | One ounce Sugar.   |
| Flavouring.    |  |                    |

Line and decorate the edges of pie dish, boil the milk, beat the eggs and sugar together, and pour the milk on to it, add flavouring, vanilla, lemon, &c., to taste, pour into the pie dish, bake twenty or thirty minutes in a moderate oven.

**462.—MACARONI PUDDING.***Ingredients.*

|                      |  |                   |
|----------------------|--|-------------------|
| Two ounces Macaroni. |  | Two ounces Sugar. |
| One Egg.             |  | One ounce Butter. |
| Pint of Milk.        |  |                   |

Break up the macaroni, and boil until tender in the milk, when a little cool, beat in the egg and sugar, pour into a pie dish greased with the butter, bake twenty to thirty minutes in a moderate oven.

**463.—SUET PUDDING.***Ingredients.*

|                           |  |             |
|---------------------------|--|-------------|
| Three ounces Suet.        |  | Pinch Salt. |
| Half-pound Coombs' Eureka |  | Water.      |
| Flour.                    |  |             |



Chop the suet very finely, mix with the flour, and salt, add enough water to make rather stiff dough, but not so stiff as pastry, tie in a floured pudding cloth, boil or steam one-and-a-half hours.

#### 464.—STEWED FRUIT.

##### *Ingredients.*

|                      |  |                     |
|----------------------|--|---------------------|
| One pound Fruit.     |  | Quarter-pint Water. |
| Quarter-pound Sugar. |  |                     |

Make a syrup by boiling the sugar and water together, pick and wipe the fruit, place in the syrup and simmer very gently until tender; the fruit should not be smashed, or the ingredients may be placed in a basin and steamed; very acid fruits will require more sugar.

#### 465.—CUSTARD PUDDING.

##### *Ingredients.*

|                                      |  |                          |
|--------------------------------------|--|--------------------------|
| One packet Bird's Custard<br>Powder. |  | Two ounces Castor Sugar. |
| One dessertspoonful Flour.           |  | Half-ounce Butter.       |
|                                      |  | Pint Milk.               |

Mix the custard powder and flour into a smooth paste with a little of the cold milk, boil the remainder of the milk with the sugar and butter, pour this on the mixture, stir, pour into a greased pie dish, bake a pale brown.

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# BREAD, CAKES & BISCUITS.

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In all the recipes when using Coombs' Eureka Flour, no baking powder is required.

## 466.—PLAIN BISCUITS.

### *Ingredients.*

|                          |  |                |
|--------------------------|--|----------------|
| Half-pound Flour.        |  | One Egg.       |
| Quarter-pound Butter.    |  | Lemon Flavour. |
| Two ounces Castor Sugar. |  |                |

Rub the butter into the flour, add the sugar, beat the egg thoroughly, and mix with it, add the flavouring, roll out very thinly, cut out with a small fluted cutter, bake on a greased tin in a quick oven eight to ten minutes.

## 467.—CHEESE BISCUITS.

### *Ingredients.*

|                           |  |          |
|---------------------------|--|----------|
| Two ounces Butter.        |  | Cayenne. |
| Four ounces Flour.        |  | Salt.    |
| Two ounces Grated Cheese. |  | One Egg. |

Put the flour, cheese, seasoning, and butter into a basin, rub in the butter until there are no lumps, mix into a paste with the egg, roll out the thickness of a penny, cut in small fancy shapes, put on a greased baking tin, bake in a slow oven until a pale brown.

## 468.—OAT BISCUITS.

### *Ingredients.*

|                                     |  |                       |
|-------------------------------------|--|-----------------------|
| Half-pound Coarse Oatmeal.          |  | One Egg.              |
| Quarter-pound Coombs' Eureka Flour. |  | Quarter-pound Butter. |
| Quarter-pound Castor Sugar.         |  | Water to mix.         |

Put all the dry ingredients into a basin, and rub the butter well into them; mix the egg with half-gill water, and make into a stiff paste; roll out very thin, cut with a round cutter, and bake in a moderate oven fifteen to twenty minutes.

**469.—ANGEL CAKE.***Ingredients.*

|                                                            |                                        |
|------------------------------------------------------------|----------------------------------------|
| One-and-a-half cupful of<br>Granulated Sugar.              | One teaspoonful of Vanilla<br>Extract. |
| The Whites of Eleven Eggs.                                 | One teaspoonful of Cream<br>of Tartar. |
| One cupful Flour (measured<br>after four careful siftings) |                                        |

After having mixed the flour and cream of tartar, sift them once, beat the whites of the eggs to a very stiff froth, and into this beat the sugar with a flat wooden pallet, gradually adding all the other ingredients. Stir till it feels light. Bake for about forty minutes in a moderate oven. Turn out, and serve.

**470.—DROP CAKES.***Ingredients.*

|                                    |                         |
|------------------------------------|-------------------------|
| One pound Coombs' Eureka<br>Flour. | Half Nutmeg grated.     |
| Half-pound Butter.                 | Two Eggs.               |
| Quarter-pound Castor Sugar.        | Quarter-pound Currants. |
|                                    | Milk.                   |

Cream the butter and sugar, add alternately nutmeg, flour, and eggs well beaten, a little milk may be added if not moist enough, mix in the currants lastly, make into thirty cakes, bake ten to fifteen minutes in a moderate oven.

**471.—OAT CAKES.***Ingredients.*

|                         |                |
|-------------------------|----------------|
| One pound Fine Oatmeal. | Pinch of Salt. |
| Two ounces Butter.      |                |

Rub the butter well into the oatmeal, add the salt, knead into a stiff paste with cold water, roll very thin, cut into rounds, bake on a girdle or in a quick oven.

**472.—BREAD.***Ingredients.*

|                                                         |  |                                    |
|---------------------------------------------------------|--|------------------------------------|
| Quartern Flour.                                         |  | Teaspoonful Castor Sugar.          |
| One ounce German, or table-<br>spoonful Brewers' Yeast. |  | One-and-a-half pint Warm<br>Water. |
| Dessertspoonful Salt.                                   |  |                                    |

Rub the yeast and sugar together until they are liquid, if brewers' yeast is used no sugar is required. Mix the water gradually with it, make a bay in the centre of the flour large enough to contain the water, pour it in, cover entirely over with a little flour from the sides, sprinkle the salt on top of this, put in a warm place twenty to thirty minutes to rise. When the yeast has fermented, and bubbles appear on the surface, mix it all together into a smooth mass, cover with a cloth, and set to rise two hours in a warm place, knead fifteen minutes, form into loaves, and place in a quick oven until risen, then reduce the temperature to soak.

**473.—WHOLE MEAL BREAD.***Ingredients.*

|                             |  |                           |
|-----------------------------|--|---------------------------|
| Quartern Whole Meal Flour.  |  | Teaspoonful Castor Sugar. |
| One-and-a-half ounce Yeast. |  | One pint Warm Water.      |
| Dessertspoonful Salt.       |  | Half-pint Milk.           |

Set to rise the first time as for white bread, mix all together and knead five minutes. Put in floured tins, stand to rise one to one-and-a-half hours, bake slowly.

**474.—VIENNA BREAD.***Ingredients.*

|                          |  |                           |
|--------------------------|--|---------------------------|
| One pound Vienna Flour.  |  | Teaspoonful Castor Sugar. |
| One ounce Butter.        |  | Half-teaspoonful Salt.    |
| Half-ounce German Yeast. |  | Warm Milk to mix.         |
| One Egg.                 |  |                           |

Rub the yeast and sugar together in a small basin until they are liquid, melt the butter in a stewpan, pour on the

milk and make tepid, beat up the egg and add to the yeast. Mix with the flour and salt, and form into a dough, stand to rise about two hours in a warm place. Make into fancy shapes, brush over with egg, stand to rise fifteen to twenty minutes, bake in a quick oven twenty to thirty minutes.

#### 475.—YORKSHIRE TEA CAKES.

##### *Ingredients.*

|                    |  |                          |
|--------------------|--|--------------------------|
| One pound Flour.   |  | One Egg.                 |
| Half-pint Milk.    |  | Half-ounce Yeast.        |
| Two ounces Butter. |  | Half-ounce Castor Sugar. |

Rub the butter into the flour, cream the yeast and sugar, make the milk warm and stir in, beat up the egg, mix all together, beat fifteen minutes, divide into three or four portions, place in greased cake tins, stand in a warm place to rise about one hour, brush the tops over with a little egg, bake in a quick oven ten to fifteen minutes.

#### 476.—LANCASHIRE TEA CAKES.

##### *Ingredients.*

|                             |  |                           |
|-----------------------------|--|---------------------------|
| Two pounds Flour.           |  | One-and-a-half ounces of  |
| Pint Milk.                  |  | Yeast.                    |
| Five ounces Butter or Lard. |  | Half-teaspoonful Salt.    |
| One Egg.                    |  | Teaspoonful Castor Sugar. |

Rub the butter into the flour, cream the yeast and sugar, add to it the milk and the egg well beaten, make a bay in the centre and pour in the milk, mix in a little of the flour. Stand to rise ten minutes, knead up and stand to rise again forty-five minutes, make into twelve cakes, put on a greased tin, stand to rise twenty minutes, then bake about same time.

#### 477.—SCONES.

##### *Ingredients.*

|                                    |  |                          |
|------------------------------------|--|--------------------------|
| One pound Coombs' Eureka<br>Flour. |  | Two ounces Castor Sugar. |
| One-and-a-half gill Milk.          |  | Two ounces Currants.     |
| Three ounces Butter.               |  | Pinch Salt.              |

Mix the flour, sugar, and salt, rub the butter into it, pick, and clean the currants, and add; then with the milk mix into a dough, not too stiff, divide into three portions, form into a round, and divide each round into four, brush over with beaten egg, sprinkle with sugar bake in a moderate oven twenty to thirty minutes.

#### 478.—COCOA CAKE.

##### *Ingredients.*

|                                |                                                |
|--------------------------------|------------------------------------------------|
| Two ounces Cadbury's<br>Cocoa. | Four ounces Coombs'<br>Eureka Flour.           |
| Six ounces Butter.             | Three ounces Brown & Pol-<br>son's Corn Flour. |
| Six ounces Castor Sugar.       | Vanilla.                                       |
| Three Eggs.                    |                                                |

Cream the butter and sugar, mix the cocoa, flour and corn flour together, beat the eggs very lightly, add these alternately with the flour, &c., beat five minutes, add vanilla to taste, pour into a well-greased shallow tin, bake thirty to forty minutes, turn out and cool on a sieve, when cold cover with chocolate icing, decorate with chopped pistachio kernels.

#### 479.—MANCHESTER CAKE.

##### *Ingredients.*

|                                       |                                     |
|---------------------------------------|-------------------------------------|
| Two ounces Butter.                    | One Egg.                            |
| Three ounces Castor Sugar.            | Two ounces Desiccated<br>Cocoa Nut. |
| Three ounces Coombs'<br>Eureka Flour. | Two tablespoonfuls Milk.            |

Cream the butter and sugar, beat the egg and milk together, and add it alternately with the flour and cocoa nut, thoroughly mix, pour into well-greased daniel moulds, bake fifteen to twenty minutes.

#### 480.—QUEEN CAKES.

##### *Ingredients.*

|                                     |                                     |
|-------------------------------------|-------------------------------------|
| Three ounces Butter.                | Two or three Eggs.                  |
| Four ounces Castor Sugar.           | Half-gill Warm Milk.                |
| Two ounces Currants or<br>Sultanas. | Six ounces Coombs' Eureka<br>Flour. |
| Two ounces Candied Peel.            |                                     |

Cream the butter and sugar, add the eggs and milk, thoroughly mix, beat lightly in the dry ingredients, grease some fancy tins—such as heart, diamonds, crescent, squares, &c., dust over them castor sugar and flour, half fill with the cake mixture, bake in moderate oven fifteen to twenty minutes.

#### 481.—MADEIRA CAKE.

##### *Ingredients.*

|                                               |                   |
|-----------------------------------------------|-------------------|
| Four ounces Butter.                           | Four Eggs.        |
| Six ounces Coombs' Eureka<br>Flour and Sugar. | Flavour to taste. |

Beat the butter to a cream, add by degrees the flour, sugar and eggs, stir in the essence, well mix, bake at once.

#### 482.—SHORT BREAD.

##### *Ingredients.*

|                        |                            |
|------------------------|----------------------------|
| Six ounces Flour.      | Five ounces Butter.        |
| Two ounces Rice Flour. | Three ounces Castor Sugar. |

Rub the butter into the flour and sugar, knead until a stiff paste, roll out on slightly floured board half-inch in thickness, cut in round or oval shapes, bake on floured baking sheets, in a moderate oven, until a pale brown, dust over with castor sugar.

#### 483.—SODA BUNS.

##### *Ingredients.*

|                                     |                          |
|-------------------------------------|--------------------------|
| Half-pound Coombs' Eureka<br>Flour. | Two ounces Castor Sugar. |
| Half-teaspoonful Ground<br>Ginger.  | Two ounces Candied Peel. |
| Two ounces Butter.                  | One Egg.                 |
|                                     | Half-gill Milk.          |

Rub the butter into the flour, add the sugar, ginger and peel finely chopped, mix together, beat the egg, then add the milk, pour into the dry ingredients, thoroughly mix, place on a greased tin in rough pieces, bake twenty to thirty minutes.



**484.—DALLS CAKES.***Ingredients.*

|                                      |                              |
|--------------------------------------|------------------------------|
| Three ounces Castor Sugar.           | One ounce Citron Peel.       |
| One ounce Angelica.                  | Two Eggs.                    |
| Three ounces Butter.                 | Three ounces Dried Cherries. |
| Five ounces Coombs' Eureka<br>Flour. | Lemon Flavour.               |

Cream the butter and sugar, beat in the eggs and flour; adding the cherries, citron and angelica cut small, and well mix. Bake in small fancy moulds fifteen to twenty minutes.

**485.—ROCK CAKES.***Ingredients.*

|                                                     |                                       |
|-----------------------------------------------------|---------------------------------------|
| Half-pound Coombs' Eureka<br>Flour.                 | Half-gill Milk.                       |
| Three ounces each Dripping,<br>Sugar, and Currants. | Quarter-teaspoonful Grated<br>Nutmeg. |
| One Egg.                                            | Two ounces Candied Peel.              |

Rub the dripping into the flour, add the sugar, nutmeg, the currants cleaned, the peel finely chopped. Mix these dry ingredients well together, beat the egg and milk, and make into a very stiff paste. Take out in small rough heaps on to a greased baking sheet. Bake in a quick oven twenty to thirty minutes.

**486.—RICE BUNS.***Ingredients.*

|                            |                                     |
|----------------------------|-------------------------------------|
| Two ounces Butter.         | Three ounces Ground Rice.           |
| Two Eggs.                  | Two ounces Coombs' Eureka<br>Flour. |
| Three ounces Castor Sugar. |                                     |
| Grated Peel of Lemon.      |                                     |

Cream the butter and sugar, add one egg and the rice, the other egg, the flour, and lemon peel, mix well together, put into twelve greased patty pans, bake fifteen to twenty minutes in moderate oven.

**487.—RICE CAKE.**

Put the Rice Bun mixture in a greased cake tin, bake forty-five to sixty minutes,

**488.—A NOVEL LUNCH CAKE.***Ingredients.*

|                       |                            |
|-----------------------|----------------------------|
| One pint Milk.        | One pound Currants.        |
| Six ounces Florador.  | Quarter-pound Candied      |
| Three-quarters pound  | Orange Peel.               |
| Castor Sugar.         | Quarter-pound Crystallized |
| Half-pound Butter.    | Cherries.                  |
| Three Eggs.           | One teaspoonful Ground     |
| One-and-a-half pounds | Cinnamon.                  |
| Coombs' Eureka Flour. | Icing.                     |

Put the florador in a basin, pour over sufficient milk to cover, and allow to soak for half-an-hour or more, cream the butter and sugar, add the eggs one at a time, prepare the fruit, cherries cut in halves, orange peel in shreds, currants cleaned, incorporate these with the flour, cinnamon, florador and milk with the cream butter and sugar, mix lightly together, bake in large tins, lined with paper; the cakes should not be above three inches thick. Mask when nearly cold, with transparent icing, and ornament with a few cherries and fancifully cut pieces of angelica. Sufficient for two large cakes.

**489.—FLORADOR MADELEINES.**

Put into a large bowl half-pound castor sugar, and work up gradually with four yolks of eggs, sift half-pound flour, dissolve half-pound butter, mix it with two tablespoonfuls florador. Mingle butter and flour gently, but thoroughly, with the above, add one glass of brandy, the whites of four eggs beaten to froth, the rind of half-lemon, finely chopped, and a little cream. Pour into twelve well-buttered fancy patty pans (Madeleine moulds), and bake from twenty to

twenty-five minutes in a moderately-heated oven, turn out on to a sieve to get cool, dust with sugar, and serve plain, or with whipped cream.

#### 490.—FLORADOR CRACKERS.

##### *Ingredients.*

|                                            |                                    |
|--------------------------------------------|------------------------------------|
| Three-quarters pound Coombs' Eureka Flour. | Two ounces Corn Flour.             |
| One-and-a-half ounces Florador.            | One ounce Butter.                  |
| Two tablespoonfuls Sugar.                  | Not quite half-pint Milk or Cream. |
|                                            | Pinch of Salt.                     |

Rub the flour, salt and sugar through a sieve; rub in the butter with the tips of your fingers, add the milk or cream, and mix into a smooth paste, knead well so as to ensure the smoothness; set it in a damp cloth, and allow to stand for fifteen minutes, turn on a floured board, roll out rather thin, stamp out some rounds with a fancy cutter, place them on a greased baking tin, prick each with a fork, brush over with sweetened milk, and bake for ten minutes in a quick oven.

#### 491.—CORN FLOUR CAKE.

##### *Ingredients.*

|                                  |                                              |
|----------------------------------|----------------------------------------------|
| Two ounces Butter.               | Two Eggs.                                    |
| Two ounces Coombs' Eureka Flour. | Two ounces Corn Flour<br>(Brown & Polson's). |
| Three ounces Sugar.              | Vanilla.                                     |

Cream the butter and sugar, add one egg and the flour, when well mixed add the other egg and the corn flour, with vanilla to taste, pour into a greased tin, bake in a moderate oven forty to fifty minutes.

#### 492.—CORN FLOUR BUNS.

Take the Corn Flour Cake mixture, put in twelve greased patty pans, bake ten to fifteen minutes.

**493.—COCOA NUT BUNS.***Ingredients.*

|                                        |                                                  |
|----------------------------------------|--------------------------------------------------|
| Half-pound Coombs' Eureka<br>Flour.    | Three ounces Castor Sugar.<br>Two ounces Butter. |
| Quarter-pound Desiccated<br>Cocoa Nut. | One Egg.<br>One gill Milk.                       |

Cream the butter and sugar, beat the eggs with the milk, mix the flour and cocoa nut together, add the milk and eggs alternately with the flour, &c., put on a greased tin in small portions; this quantity should make twenty. Bake fifteen to twenty minutes in a moderate oven.

**494.—GINGER BREAD.***Ingredients.*

|                                       |                                                     |
|---------------------------------------|-----------------------------------------------------|
| One pound Coombs' Eureka<br>Flour.    | Quarter-pound Brown Sugar.<br>Eight ounces Treacle. |
| Two Eggs.                             | Two ounces Candied Peel.                            |
| Half-gill Milk.                       | One ounce Ground<br>Ginger.                         |
| Quarter-pound Dripping, or<br>Butter. |                                                     |

Chop the peel finely, mix with the flour and ginger, melt the sugar, butter and treacle in a saucepan, pour into the flour, add the eggs well beaten, then the milk, mix all well together, pour into a well-greased Yorkshire pudding tin, bake forty-five to sixty minutes in a slow oven.

**495.—SEED CAKES.***Ingredients.*

|                                     |                                        |
|-------------------------------------|----------------------------------------|
| Half pound Coombs' Eureka<br>Flour. | Three ounces Sugar.<br>Half-gill Milk. |
| One Egg.                            | Teaspoonful Carraway<br>Seeds.         |
| Three ounces Dripping or<br>Butter. | Two ounces Candied Peel.               |

Rub the dripping or butter into the flour, add the sugar, seeds, and peel finely chopped, beat the egg with the milk, mix all together, put into a greased baking tin, bake one hour.

**496.—SEED BUNS.**

Divide the seed cake mixture into twelve portions, place on a greased baking sheet, bake twenty to twenty-five minutes in quick oven.

**497.—SULTANA CAKE.***Ingredients.*

|                                    |                       |
|------------------------------------|-----------------------|
| One pound Coombs' Eureka<br>Flour. | Half-pound Sultanas.  |
| Half-pound Butter.                 | Grated Peel of Lemon. |
| Six ounces Castor Sugar.           | Three ounces Peel.    |
| One gill Milk.                     | Four Eggs.            |
|                                    | Pinch of Salt.        |

Rub the butter and sugar together with a wooden spoon until it is soft and creamy, add the flour alternately with the eggs, stir in the milk, salt, lemon peel, the sultanas picked and peel chopped, bake in a cake tin lined with buttered paper in rather slow oven one-and-a-half to two hours.

**498.—PLAIN CURRANT CAKE.***Ingredients.*

|                                                     |                          |
|-----------------------------------------------------|--------------------------|
| Half-pound Coombs' Eureka<br>Flour.                 | One Egg.                 |
| Three ounces each Dripping,<br>Sugar, and Currants. | Gill Milk.               |
|                                                     | Two ounces Candied Peel. |

Rub the dripping into the flour, add the sugar, the currants picked and cleaned, the peel finely chopped, mix these together, beat up the egg, add to it the milk, pour into the basin with the flour, mix, pour into a greased cake tin, bake forty-five to sixty minutes in a slow oven.

**499.—SODA CAKE.**

Prepare as for Plain Currant Cake, omitting the candied peel, substituting quarter-pound of sultanas.

**500.—RICH CURRANT CAKE.***Ingredients.*

|                                            |                                |
|--------------------------------------------|--------------------------------|
| One pound each Butter,<br>Flour, Currants. | Quarter pound Candied<br>Peel. |
| Three-quarters pound Castor<br>Sugar.      | Six Eggs.                      |
| Half-gill Brandy.                          | Powdered Mace to taste.        |

Beat the butter to a cream, add the sugar, mace, nutmeg, currants cleaned, peel chopped, and thoroughly mix; whisk the eggs, stir into them the brandy, pour into the cake mixture, beat ten minutes, pour into a cake tin lined with buttered paper, bake in a slow oven two to three hours.

**501.—POTATO FLOUR CAKE.***Ingredients.*

|                          |                                      |
|--------------------------|--------------------------------------|
| Six ounces Butter.       | Four ounces Coombs'<br>Eureka Flour. |
| Six ounces Castor Sugar. | Essence.                             |
| Three Eggs.              |                                      |
| Half-pound Potato Flour. |                                      |

Cream the butter and sugar, add the yolks of eggs, flour, and potato flour, mix together, whip the whites of eggs to a stiff froth, and mix in lightly, flavour to taste, pour into a Yorkshire pudding tin, lined with greased paper, bake slowly three-quarters of an hour, when cold cover with chocolate icing.

**502.—SPONGE CAKE.**

Make as Swiss Roll, pour into a greased cake tin, dust over with castor sugar, bake from thirty to forty-five minutes in a moderate oven.

**503.—RICE AND SULTANA CAKE.***Ingredients.*

|                                                                                             |                                                          |
|---------------------------------------------------------------------------------------------|----------------------------------------------------------|
| Quarter-pound each Ground<br>Rice, Coombs' Eureka<br>Flour, Butter, Sultanas,<br>and Sugar. | Two Eggs.<br>Half-gill Milk.<br>Two ounces Candied Peel. |
|---------------------------------------------------------------------------------------------|----------------------------------------------------------|

Put the ground rice, flour, and sugar into a basin, rub the butter into it, add the sultanas picked, the peel chopped, beat the eggs and milk together, and mix with the dry ingredients, pour into a greased cake tin, bake in a slow oven one hour.

#### 504.—AMERICAN BREAKFAST BISCUITS.

##### *Ingredients.*

|                          |  |                 |
|--------------------------|--|-----------------|
| One pound Coombs' Eureka |  | One Egg.        |
| Flour.                   |  | Half-pint Milk. |
| Three ounces Butter.     |  | Pinch of Salt.  |
| One ounce Sugar.         |  |                 |

Put the flour, sugar, and salt into a basin, rub the butter into it, beat up the egg in the milk, mix into a light dough, roll out half-inch thick, cut into rounds three inches in diameter, brush over with egg, bake in a quick oven ten to fifteen minutes.

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## MISCELLANEOUS.

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### 505.—TO CLARIFY FAT.

Cut up any pieces of cooked or uncooked fat, put in an iron stewpan, with cold water to cover; boil quickly, stirring frequently until all the water has boiled away, and the pieces of fat are crisp and brown. When a little cool strain into a basin, and it is ready for use. This clarified fat may be used for plain pastry or cakes, and makes a better bath for frying than lard; it should be strained each time it is used. When at all discoloured by use, strain while hot in a basin, of cold water; before using again remove the sediment and wipe dry.

### 506.—FAT FOR FRYING

should be put in a strong shallow stewpan; there should always be enough fat to cover what is to be fried. When hot enough it is quite still and emits a blue smoke, and may be tested by throwing in a small piece of bread which is instantly browned. When care is taken, the same fat may be used for months. Oil may be used, but requires great care and experience, as it attains a much greater heat; it is not economical, as only the best can be used, and it cannot be clarified.

### 507 and 508.—TO SALT BEEF OR PORK.

#### *Ingredients.*

|                         |  |                        |
|-------------------------|--|------------------------|
| One pound Salt, Common. |  | Quarter-pound Brown    |
| One pound Salt, Bay.    |  | Sugar.                 |
| One ounce Saltpetre.    |  | One gallon Cold Water. |

Put all the ingredients into a saucepan, bring to the boil, and allow it to boil three minutes, remove the scum, pour into the pickle tub, and when cold immerse the meat, allowing one day to each pound.

**509.—TO CURE HAMS.***Ingredients.*

|                      |                             |
|----------------------|-----------------------------|
| Two Hams.            | Half-ounce Juniper Berries. |
| Half-pound Salt.     | Clove of Garlic.            |
| Half-pound Bay Salt. | Quarter-pound Black         |
| Half-pound Treacle.  | Pepper.                     |
| One ounce Saltpetre. | Pint Old Ale.               |

Pound the bay salt, mix with salt, pepper, treacle and saltpetre, put the juniper berries, garlic, and ale in a saucepan, boil fifteen minutes, pour in other ingredients and thoroughly mix, rub the pickle into the hams while it is warm, allow to remain one month, turning and rubbing in the pickle every day, hang up to drain two or three days before smoking.

**510.—TO MAKE LEMONADE.***Ingredients.*

|                        |                    |
|------------------------|--------------------|
| One pound Loaf Sugar.  | Few drops of Lemon |
| One pound Citric Acid. | Flavour.           |
| One quart Water.       |                    |

Put the sugar and citric acid into a basin, pour on boiling water, stir until dissolved; add lemon flavour. When cold bottle and cork. Use as much as required to taste in water.

**511.—CHUTNEY.***Ingredients.*

|                           |                         |
|---------------------------|-------------------------|
| Two Shalots.              | One Onion.              |
| Quarter-pound Mustard     | Two ounces Salt.        |
| Seeds.                    | Three pints Vinegar.    |
| Four pounds Sour Apples.  | Half-pound Raisins.     |
| Three Cloves Garlic.      | Half-pound Brown Sugar. |
| Quarter-ounce Cayenne.    | Half-pound Tamarinds.   |
| Two ounces Ground Ginger. |                         |

Peel and chop up the onion, shalots, garlic, and apples, stone the raisins and tamarinds, put all the ingredients into a stewpan and boil until tender, pass through a hair sieve, put in a bottle and cork tightly.

**512.—ORANGE MARMALADE.**

Boil one dozen oranges for two hours, covering them with water; take the oranges out and reserve one pint of water, cut them in very thin slices, being careful to remove all pips, allow one-and-a-half pounds of loaf sugar and one pint of water to each pound of fruit, using the pint of water they were boiled in (if all the water they were boiled in was used, it would make the marmalade too bitter), boil one hour, stirring all the time. Pour into jars, and when cold cover with vegetable parchment and tie down tightly.

**513.—BLACK CURRANT JAM.***Ingredients.*

Four pounds Currants.  
Pint Water.

Four pounds Loaf Sugar.

Strip the currants and put in the preserving pan with the water, boil ten minutes, add the sugar, stir until boiling, boil thirty minutes, remove the scum as it rises.

**514.—STRAWBERRY JAM.***Ingredients.*

Four pounds Strawberries. | Three pounds Sugar.

Remove the stalks, put in a preserving pan, simmer gently thirty minutes, add the sugar, boil another thirty minutes, removing the scum as it rises.

**515.—RASPBERRY AND RED CURRANT JAM.**

Prepare as above.

**516.—TO BOTTLE FRUIT.**

Have your bottles perfectly dry and your fruit not fully ripe. Place the bottles in the oven, let them get hot, pack in the fruit up to the neck as full as possible, put them back in the oven until the fruit begins to change colour, take them out, fill the bottles with boiling water up to the neck, and fill up with salad oil, and keep in a cool place.

**517.—OATMEAL PORRIDGE.***Ingredients.*

|                                    |  |             |
|------------------------------------|--|-------------|
| One teacupful Coarse Oat-<br>meal. |  | Pint Water. |
|                                    |  | Pinch Salt. |

Boil the water with salt. Shake in the oatmeal with one hand and stir with the other. Boil fifteen minutes, stirring constantly. Serve with milk, cream, sugar, or golden syrup.

**518.—GRUEL.***Ingredients.*

|                             |  |             |
|-----------------------------|--|-------------|
| Tablespoonful Fine Oatmeal. |  | Pinch Salt. |
| Pint Water.                 |  |             |

Mix the oatmeal with a little of the water, put the remainder to boil; when boiling pour in the oatmeal, boil five minutes, stir all the time. Milk may be substituted for water, as preferred.

**519.—GRUEL MADE WITH ROBINSON'S PATENT GROATS.**

Take of Robinson's Patent Groats one tablespoonful, mix with a wineglassful of cold water, gradually added, into a smooth paste, pour this into a stewpan containing nearly a pint of boiling water or milk, stir the gruel on the fire while it boils for ten minutes; pour it into a basin, add a pinch of salt and a little butter, or, if more agreeable, some sugar and a small quantity of spirits. When Gruel is made for an invalid, butter had best be omitted.

**520.—ROYAL POSSET FOR A COLD.**

Mix a tablespoonful of Robinson's Patent Groats in a wineglassful of cold water, pour this into a stewpan containing nearly half-a-pint of good Sherry wine, sweeten with honey, flavour with a few cloves, stir the posset over the fire while boiling for six minutes, and drink it quite hot just before going to bed.

**521.—LEMON TOFFEE.***Ingredients.*

|                          |  |                        |
|--------------------------|--|------------------------|
| Quarter-pound Butter.    |  | One pound Brown Sugar. |
| Half-pound Golden Syrup. |  | Lemon Flavour.         |

Put the butter, syrup, and sugar into a saucepan, boil quickly fifteen to twenty minutes, stirring very frequently; when cooked, if a little is dropped in cold water it will harden at once. Remove from the fire, add the lemon flavour, pour on a greased plate.

**522.—GINGER TOFFEE.**

Make as Lemon Toffee, substituting a teaspoonful of Ground Ginger for lemon flavour.

**523.—ALMOND TOFFEE.**

Blanch and chop two ounces of Almonds, put into the toffee just before turning on to the plate.

**524.—EVERTON TOFFEE.**

may be made same as Lemon Toffee, add quarter-pint of water.

**525.—CLEAR BARLEY WATER.***Ingredients.*

|                          |  |                            |
|--------------------------|--|----------------------------|
| One ounce Pearl Barley.  |  | One-and-a-half pint Water. |
| Peel and Juice of Lemon. |  | One ounce Loaf Sugar.      |

Wash the barley, put it in a jug with the lemon peel, juice, and sugar, pour the boiling water over it, cover over till cold, then strain.

**526.—THICK BARLEY WATER.***Ingredients.*

|                          |  |                       |
|--------------------------|--|-----------------------|
| One ounce Pearl Barley.  |  | Quart of Water.       |
| Peel and Juice of Lemon. |  | One ounce Loaf Sugar. |

Wash the barley, put in saucepan with cold water, when boiling strain and throw water away, put back in the saucepan with the quart of water, simmer two hours, put the lemon juice, peel, and sugar into a jug, strain the barley on to it.

### **527.—BARLEY WATER FOR INVALIDS.**

Take one ounce Robinson's Patent Barley, mix with a wineglassful of cold water. pour this into a stewpan containing one quart of boiling water, stir this over the fire while boiling for five minutes: then flavour with a small bit of lemon peel or cinnamon, and sweeten according to taste. When the Patent Barley is used to make a summer beverage, only half-an-ounce must be taken.

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# ADDENDA.

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## 528.—FISH PIE.

### *Ingredients.*

|                        |                  |
|------------------------|------------------|
| One pound Cooked Fish. | Salt.            |
| One gill Fish Sauce.   | Anchovy Essence. |
| Cayenne Pepper.        | Bread Crumbs.    |

Divide the fish into small pieces, removing the skin and bone. Mix thoroughly with the sauce and seasoning. Place in a shallow pie dish, and cover with bread crumbs. Bake in a hot oven till the bread crumbs are of a golden colour. Serve very hot.

The same mixture may be cooked in escalop shells instead of a pie dish, and covered with bread crumbs, and baked in the same way.

## 529.—OLD-FASHIONED ENGLISH SAUSAGES.

### *Ingredients.*

|                    |                  |
|--------------------|------------------|
| Three pounds Pork. | Half-ounce Sage. |
| One ounce Salt.    | Skins.           |
| Half-ounce Pepper. |                  |

Choose a nice fresh piece of loin of pork; the proportion of fat should be one-third. Cut the meat and fat into small pieces; wash, dry, and chop the sage finely, add to it the pepper and salt, and mix thoroughly with the meat, then pass all through the sausage machine, or chop finely by hand. To prepare the skins, wash them well in salt and water with a small quantity of vinegar, and dry thoroughly. They must only be filled full enough to allow of being rolled out and twisted into links. They should be pricked with a fork before being put into hot fat to fry. Serve very hot with fried bread or mashed potatoes. These sausages will remain good for some time if hung in a dry airy larder.



**530.—SAUSAGE CAKES.**

Season some of the sausage meat with Senn's aromatic spice—a very small quantity must be used. Press the mixture into flat round cakes, and bake for eight minutes. Serve on croûtes of fried bread, and garnish with parsley.

**531.—MAIDS OF HONOUR.***Ingredients.*

|                             |  |                                |
|-----------------------------|--|--------------------------------|
| Quarter-pound Butter.       |  | Two Yolks of Eggs.             |
| Quarter-pound Castor Sugar. |  | The grated Rind of Two Lemons. |

Cream the butter and sugar, add the yolks and beat the mixture well, lastly, stir in the lemon rind; line some patty pans with good flakey pastry, and half fill with the mixture. Bake in moderate oven.

**532.—BANBURY CAKES.***Ingredients.*

|                             |  |                              |
|-----------------------------|--|------------------------------|
| Half-pound Puff Pastry.     |  | A pinch of grated Nutmeg.    |
| Quarter-pound Currants.     |  | Grated Rind of Half a Lemon. |
| One ounce Beef Suet.        |  | White of Egg.                |
| One ounce Candied Peel      |  | Castor Sugar.                |
| A pinch of ground Cinnamon. |  |                              |

Clean the currants, chop the suet finely, shred and chop the peel, and mix all together with the lemon rind and spices. Roll the paste out very thin, and cut in oblong pieces three inches by four. Lay a spoonful of mixture on the paste. moisten the edges with white of egg, lay another piece on it, press the edges securely together, make two or three marks with a knife, slanting-wise, on the top, and bake in a hot oven. When nearly done, brush over with white of egg and castor sugar. Serve hot or cold.

**533.—COMPÔTE À LA WEIR.***Ingredients.*

|                          |  |                               |
|--------------------------|--|-------------------------------|
| One pound Raspberries.   |  | One gill Cream.               |
| Four Penny Sponge Cakes. |  | Half-teaspoonful Lemon Juice. |
| Two ounces Castor Sugar. |  |                               |

Rub the sponge cakes through a sieve, break the raspberries up with a fork, after taking away the stalks; mix them with the cake crumbs, sugar and lemon juice. Serve on a glass dish, and decorate with little rocks of whipped cream.

### 534.—HASTY PUDDING.

#### *Ingredients.*

|                            |  |                    |
|----------------------------|--|--------------------|
| One-and-a-half pints Milk. |  | Two ounces Butter. |
| Quarter-pound Flour.       |  |                    |

Boil the milk over a clear fire, and when boiling sift the flour into it, stirring till it becomes thick; boil it for five minutes, pour it into a pie dish, and garnish with pieces of butter. Serve very hot with castor or Demerara sugar or preserves. This is a very wholesome and favourite pudding for children.

### 535.—CREAM BASKETS.

#### *Ingredients.*

|                            |  |                           |
|----------------------------|--|---------------------------|
| Two Eggs: their weight in  |  | One gill Water.           |
| Butter, Castor Sugar       |  | Two ounces Desiccated     |
| and Flour.                 |  | Cocoanut.                 |
| One teaspoonful Baking     |  | One gill Cream.           |
| Powder.                    |  | Castor Sugar.             |
| Three tablespoonfuls Rasp- |  | Vanilla.                  |
| berry Jam.                 |  | Three inches of Angelica. |

Cream the butter and sugar, add the eggs one at a time, and beat the mixture thoroughly, stir the flour in lightly. Grease some plain daniel moulds, half fill with the mixture, and bake for ten minutes. Warm the jam and water in a stewpan, and pass through a strainer, to take away the seeds. When the cakes are cool, cut the tops quite evenly, scoop out the centre of the cakes, brush the sides with the liquid jam, roll them in the cocoanut, and place in a glass or silver dish. Whip the cream stiffly, flavour with the sugar and vanilla, and fill up the centre of the cakes. Cut the angelica into strips one-eighth of an inch in thickness. Soak in cold water for two or three minutes to make it pliable and

then form a handle to the cakes by sticking the ends in on each side. This makes a very pretty dish, and may be decorated in summer time with ice-plant. The baskets may be varied by using apricot instead of raspberry jam, with finely chopped pistachio nuts instead of cocoanut.

### 536.—RASPBERRY BUNS.

#### *Ingredients.*

|                             |                          |
|-----------------------------|--------------------------|
| Three-quarters pound Flour. | One tablespoonful Milk.  |
| Three ounces Butter.        | Two tablespoonfuls Rasp- |
| Three ounces Castor Sugar.  | berry Jam.               |
| One Egg.                    |                          |

Rub the butter into the flour, add the sugar: then the egg and enough milk to make a stiff dough. Divide it into eight pieces, roll each one into a ball, make a hole in the top and insert half a teaspoonful of raspberry jam, pinch the dough round to enclose it, brush over with milk, and bake for fifteen minutes.

### 537.—RENFREW CAKE.

#### *Ingredients.*

|                                        |                                       |
|----------------------------------------|---------------------------------------|
| Three-quarters pound<br>Coombs' Flour. | One ounce shredded<br>Almonds.        |
| Half-pound Butter.                     | Quarter-pound Glacé<br>Cherries.      |
| Half-pound Castor Sugar.               | One teaspoonful Almond<br>Flavouring. |
| Three Eggs.                            |                                       |
| One tablespoonful Milk.                |                                       |
| Two ounces Angelica.                   |                                       |

Cream the butter and sugar, break the eggs separately, and add one at a time, beating the mixture thoroughly. Stir in the flour, and lastly the angelica shredded, the almonds, and cherries cut in quarters, and the flavouring. Add the milk if required; the mixture should not be too stiff. Pour it into a cake tin, lined with greased paper, and bake two hours in a moderate oven.

**538.—VINEGAR CAKE.***Ingredients.*

|                               |                                |
|-------------------------------|--------------------------------|
| Three-quarters pound Flour.   | One teaspoonful Baking Powder. |
| Half-pound Currants.          |                                |
| Quarter-pound Demerara Sugar. | Three tablespoonfuls Vinegar.  |
| Quarter-pound Butter.         | Half-pint Milk.                |

Mix together the flour and baking powder, rub the butter into it; add the currants and sugar, and mix thoroughly with the vinegar and milk. Pour the mixture into a greased cake tin, and bake an hour-and-a-half.

**539.—BREAKFAST ROLLS.***Ingredients.*

|                                  |                 |
|----------------------------------|-----------------|
| One pound Coombs' Aërated Flour. | Half-pint Milk. |
| Three ounces Butter.             | Salt.           |

Mix the salt with the flour; rub the butter into it, and mix into a stiff dough with the milk. Divide into eight even-sized pieces and form into rolls, horseshoes, Prince of Wales' feathers, cottage loaves, monograms, &c., or it may be rolled into thin sticks and, when baked, tied with different coloured narrow ribbons.

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## SUMMER BEVERAGES.

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### 540.—LEMONADE FROM FRESH LEMONS.

#### *Ingredients.*

|                         |  |                        |
|-------------------------|--|------------------------|
| Two Lemons.             |  | Two ounces Loaf Sugar. |
| One pint boiling Water. |  |                        |

Cut the peel off the lemons very thinly and put it into a jug. Take away all the thick white pith, and cut the rest of the lemon in slices, taking out the pips. Add the fruit and sugar to the rind, and pour on to them one pint of freshly boiled water; cover over till cold. If not used at once, allow it to stand twelve hours and then carefully pour off the clear liquid.

### 541.—CLARET CUP.

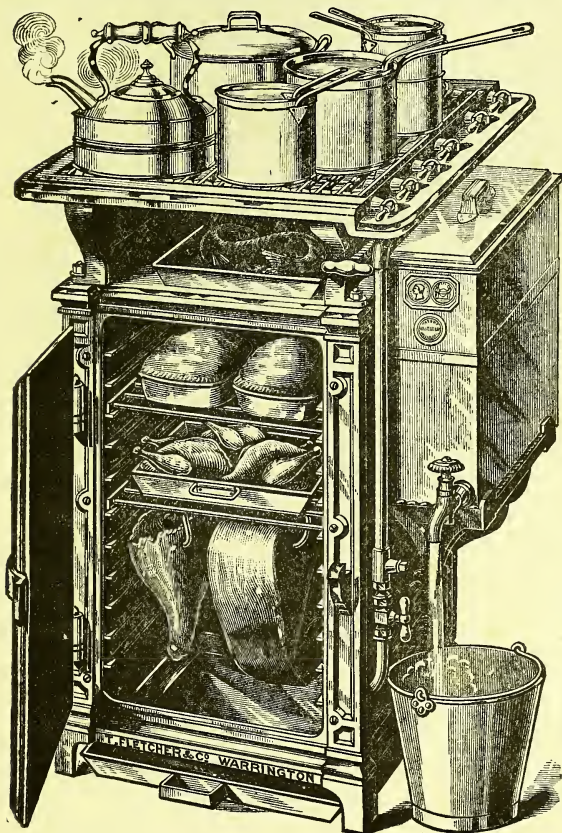
#### *Ingredients.*

|                               |  |                          |
|-------------------------------|--|--------------------------|
| One bottle Claret.            |  | Three or four slices of  |
| Two bottles Soda Water.       |  | Cucumber.                |
| One glass Sherry.             |  | A small sprig of Borage. |
| Four or five slices of Lemon. |  | Sugar to taste.          |

Mix all together in a large jug or bowl, surrounded by ice.

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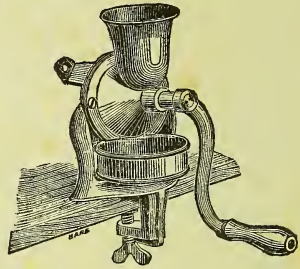
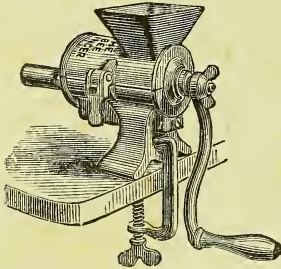
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